

MINUTES OF THE WASATCH CITY-COUNTY BOARD OF HEALTH

January 12, 1987

12:00 P.M.

County Services Complex

Present were:	Calvin Giles	Chairman
	Connie Tatton	Vice-chairman
	Elizabeth Murdock	Member
	Rulon Phillips	Member
	R. Raymond Green, M.D.	Medical Officer
	Larry B. Duke	Commissioner
	Phil D. Wright	Health Officer
	Jeff Bradshaw	School Ex-officio
	Gaylen Wright	Restaurant Ex-officio
	Robert Blanthorn	Alcohol/Drug Director
	Sue Barker	Nurse Supervisor
	Maren Durtschi	School Nurse
	Nelda Duke	Secretary
	Ranae Williams, M.S.R.D.	Nutritionist-Educator

Welcome: Mr. Giles welcomed those present and called the meeting to order. He introduced two new board members, Commissioner Larry B. Duke who will be representing the County Commission and Gaylen Wright who will be an ex-officio member representing restaurant owners of the county.

Invocation: The invocation was offered by Mrs. Williams.

Minutes: Minutes of the meeting held November 17, 1986 were read by Mrs. Duke. Mrs. Tatton made a motion minutes be approved as read. Mrs. Murdock seconded the motion. Motion carried.

Alcohol/Drug Report: Mr. Blanthorn reported his department is now serving 21 clients. There is a boys and girls group now organized in the high school as well as a peer counseling class. The K thru 12 program is organized and the "Just Say No" program is being organized in the fifth grades and going very well in the Central School.

The problem of the protocol to follow when a detox case arises was discussed. Commissioner Duke will discuss this problem with Commissioner Allred and have him bring this up in the hospital board meeting to try and find some guidelines.

**School Health:** Mrs. Durtschi stated we would like to carry the "Smile Factory" program in the schools again this year. This is a dental program sponsored by the state to screen high risk students for dental problems. Vouchers are issued to those who are in need of dental care. This was a very successful program last year and the board felt we should pursue it again this year. We are one of the few school districts in the state who have been involved in this program.

**WIC:** Mrs. Williams reported we served 334 clients in our WIC program last month. She stated \$10,803.82 was redeemed from WIC vouchers in November. She briefly explained how this program functions.

**Immunization:** Mrs. Barker reported we gave 73 immunizations last month. This is lower than usual probably due to the holidays and illness.

**Hypertension:** There were 55 patients checked for hypertension last month.

**Breastfeeding Program:** Mrs. Barker stated she is working on a study to see if a breastfeeding program could be implemented in our hospital.

**Health Promotion** Mrs. Barker also stated a health promotion program for senior citizens will be carried out in the near future.

**Immunization** Mrs. Barker stated we had received the results from the state on the immunization site visit. They gave us some good suggestions that we will implement. They stated we should have better outside lighting so Mr. Wright is working on that problem. They also said we need to have a back up system for vaccine storage in case of of power outage. Mr. Farrell of the Heber Light & Power Company said he would let us know if the power was off in our area on week ends or holidays. Otherwise the survey was very positive.

**Liability Insurance** Mr. Wright said we are now covered by liability insurance and we will get details from attorney Hansen.

1987 Budget: Mr. Wright submitted a copy of our 1987 budget. (See copy #1).

Board Manuals: Mr. Wright handed each member a Board of Health Manual and briefly reviewed its contents and asked for additions or suggestions.

Legislative Issues: Mr. Wright stated the Legislature is meeting and discussing the following issues:

- 1) The indigent program could be taken over by the state instead of the county but the county would have to contribute to the state.
- 2) Also the alcohol/drug and senior citizens programs would be cut.
- 3) The health departments are asking for tax monies from cigarette and soda pop to help offset the detrimental effects of tobacco.

Mine Tailings: Mr. Wright said studies are still being done on the mine tailings.

Restaurant Inspections: Mr. Wright stated the state has been re-standardizing the restaurant inspections for the past 6 years. With the Bureau of Sanitation being eliminated they will now be surveyed by federal people and it will probably be less frequent.

Food Poisoning: Mr. Wright received a call from Dr. Ferguson stating he had seen three people who had eaten in a local restaurant who had signs of food poisoning. He investigated and said it was probably due to leaving chicken out at room temperature. Code numbers on boxes had been destroyed so it was impossible to investigate further.

Wallsburg Estates: Mr. Wright submitted plans for twenty 5 acre lots in Wallsburg. Plans call for individual wells on each lot and this may be a problem.

Strawberry Lake Estates: We have not heard from Mr. Mahoney regarding his line of credit for Strawberry Lake Estates.

Fitzgerald Sub-division: Lee Fitzgerald is proposing a 600 unit development in the Strawberry area.

**Bogges Ranch:** Mr. Wright stated the Bogges Ranch will probably be sold and a development is being planned for the area.

**Lake Creek Area:** There are two church groups (Lehi & Lindon) who have purchased ground in Lake Creek for small recreational sites.

**Contracts:** We have received our Maternal and Child Health contracts for the year.

**Fee for Subdivision Plans:** The board discussed the possibility of charging a fee for review of subdivision plans. Mr. Wright was asked to put this on the commission meeting agenda so it can be discussed with the commission, planner and health dept.

**Special Food Handlers Class:** Mr. Wright said he had prepared a special food handlers class to be geared to the special education students which he will give next week.

**Daniel Domestic Water:** The Daniel Domestic Water Company has received a \$30,000 loan to upgrade their water system.

**1987 Meeting Schedule:** The meeting schedule for this year was discussed. Meetings will be held the third Monday of each month at 12:00 P.M. in the County Services Complex. This schedule will be published in the local paper.

**Next Meeting:** The next meeting was scheduled for Monday, February 23rd 12:00 noon in the County Services Complex.

**Adjournment:** The meeting was adjourned at 2:00 P.M.

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Chairman Calvin Giles



**WASATCH COUNTY ALCOHOL & DRUG PREVENTION PROGRAM**

805 WEST 100 SOUTH  
P.O. BOX 126  
HEBER CITY, UTAH 84032  
PHONE (801) 654-3003

January 15, 1987

Dr. Raymond Green  
45 South Main  
Heber City, Utah 84032

Dear Dr. Green:

This is a copy of the proposals I had made for Detox Programs both with the doctors and the hospital. Both the doctors and hospital said they would accept such a contract. The funding for this would have to come directly from county funding but we could put a limit on it and say only eight people would be served per year.

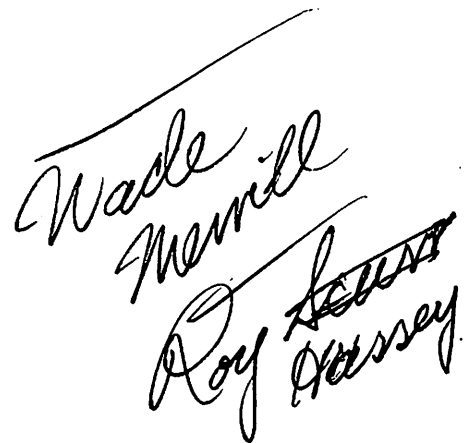
If you have any questions please call me.

Sincerely,



Robert Blanthorn, L.C.S.W.  
Director, Wasatch County Alcohol & Drug Prevention Program

RB/pt  
enclosure  
ie: Larry Duke



Wade Merrill  
Roy Lewis

THE  
OFFICE  
OF THE  
ATTORNEY GENERAL  
WASHINGTON, D. C.

TO THE HONORABLE

THE HONORABLE

This is a copy of the report of the  
Commissioner of the General Land Office  
dated at Washington, D. C., June 1, 1904,  
and is being forwarded to you for your  
information.

Very respectfully,  
THE ATTORNEY GENERAL

Enclosed

Very respectfully,  
THE ATTORNEY GENERAL

*Handwritten notes:*  
The report of the  
Commissioner of the  
General Land Office  
dated at Washington,  
D. C., June 1, 1904,  
is being forwarded to  
you for your  
information.

Very respectfully,  
THE ATTORNEY GENERAL

# ALCOHOL & DRUG PREVENTION PROGRAM

XX  
805 West 100 South, P.O. Box 126, Heber City, Utah 84032

COPY

June 10, 1986

Joe Tesch  
Wasatch County Attorney  
30 North Main  
Heber City, Utah 84032

Re: Hospital Contract for Indigent Detox

Dear Joe:

I have spoken with Wayne Terry (Wasatch County Hospital) and would like to set up a contract to provide a minimum amount of funding to the hospital for detoxifying indigent alcohol and drug clients. I would like you to prepare a contract. Limitations the contract should contain are:

- a. Four days of medical alcohol and drug detoxification per person.
- b. Wasatch County Alcohol/Drug Prevention Program will guarantee \$115.00 per day/per client maximum for the four days.
- c. Wasatch County Alcohol/Drug Prevention Program would be responsible for the \$115.00 per day only if the client is referred directly by the agency before entering the hospital and the hospital has attempted to collect payment for services from the patient before seeking reimbursement from Wasatch County Alcohol/Drug Prevention Program.

The contract should be for Fiscal Year 1987. You may have other suggestions. Thank you for your assistance.

Sincerely,

Robert Blanthorn, Director  
Wasatch County Alcohol/Drug Prevention Program

RB/pt

telephone 654-3003

# ALCOHOL & DRUG PREVENTION PROGRAM

XX  
805 West 100 South, P.O. Box 126, Heber City, Utah 84032

COPY

June 10, 1986

Joe Tesch  
Wasatch County Attorney  
30 North Main  
Heber City, Utah 84032

Re: Indigent Medical Alcohol and Drug Detoxification Contract


Dear Joe:

I would like to contract with the doctors who are willing to provide alcohol and drug detoxification for indigent clients. I would like you to draw up a contract that;

- 1) guarantees the doctor a maximum of \$75.00 for an evaluation and intake for indigent alcohol and drug detox and \$20.00 a day followup care;
- 2) the contract does not exceed 4 days per client;
- 3) the doctors will attempt to collect the full amount before seeking reimbursement from Wasatch County Alcohol/Drug Prevention Program;
- 4) the client must be referred to the doctor and hospital directly from Wasatch County Alcohol/Drug Prevention Program;
- 5) the contract will cover only alcohol and drug related problems.

Please let me know if you can prepare such a contract.

Thank you,

  
Robert Blanthorn, Director  
Wasatch County Alcohol/Drug Prevention Program

RB/pt

telephone 654-3003

MINUTES OF THE WASATCH CITY-COUNTY BOARD OF HEALTH

February 23, 1987

12:10 P.M.

County Services Complex

Present were:	Calvin Giles	Chairman
	Elizabeth Murdock	Member
	Lynn Webster	Member
	R. Raymond Green, M.D.	Medical Officer
	Larry B. Duke	Commissioner
	Phil D. Wright	Health Officer
	Robert Blanthorn	Alcohol/Drug Director
	Larry Carcelli	Mental Health
	Gaylen Wright	Restaurant ex-officio
	Jeff Bradshaw	School ex-officio
	Sue Barker, R.N.	Nurse Supervisor
	Ranae Williams, R.D.	Nutritionist/Educator
	LaVerne Jolly	Prevention Specialist
	Nelda Duke	Secretary
Excused:	Connie Tatton	
	Rulon Phillips	

Welcome: Chairman Giles called and will be late so Mr. Wright welcomed those present and called the meeting to order.

Invocation: The invocation was offered by Mr. Wright.

Minutes: Minutes of the meeting held January 12, 1987 were read by Mrs. Duke and corrected. Commissioner Duke made a motion minutes be approved as corrected. Mrs. Murdock seconded the motion. Motion carried.

Alcohol/Drug Report: Mr. Blanthorn stated he is working with a committee on setting up policies for indigent clients who need detox. He will report on this at our next meeting. He said they were serving 24 clients. He reported that Mrs. Agutter is doing alot of work in the middle school and it seems to be going very well. He introduced Mrs. Jolly who is the prevention specialist. She gave a brief review of the K thru 12 program and stated she promoted the "Just Say No" club with 5th graders and the "Save A Heart" program. She also invited Mr. Thompson to put on an assembly regarding the use of alcohol and drugs. It went so well she is scheduling him for other

schools.

Dr. Green said he felt they were doing a good job and should be complimented.

**Mental Health:**

Mr. Carcelli said his program was going very well and he had a waiting list of 3 to 4 weeks. He is seeing about 15 clients a week.

**Eye Testing:**

Mrs. Barker stated Mrs. Durtschi has been checking eyes in the middle school this month and it is going very well.

**Immunization  
Audit:**

We just received word the state is doing an immunization audit Wednesday in our schools.

**Smile Factory:**

Mrs. Barker reported the "Smile Factory" went very well. We do not have the figures back from the state but will report when we receive them. It was suggested we try to initiate the fluoride rinse in the schools next year.

**WIC:**

Mrs. Williams reported the WIC program is now serving 337 clients and we are having the WIC financial audit exit this Wednesday.

**Immunizations:**

Mrs. Barker reported we gave 134 immunizations last month. She submitted a tabulation report of the 1986 immunizations. (See copy #1) She also stated the doctors said the cost of DTP vaccine has gone up 400% so most local doctors will be referring children and infants to our clinic to obtain immunizations.

**Hypertension:**

Mrs. Barker reported 22 people were checked for hypertension last month. Our contract with Mountainlands through the Senior Citizens is still in effect so we will continue to get reimbursed \$3 per client for those over 60 years of age.

**Maternal Health  
Contract:**

It was mentioned we have received our Maternal Health Contract.

**Health Fair:**

Mrs. Barker stated the local hospital is sponsoring the Health Fair this year in connection with IHC hospitals. Kim VanWagoner is in charge and has asked our department to assist. We will hear more on this.

**Encephalitis  
Surveillance:**

Mr. Wright said the state is doing an encephalitis surveillance and have found positive results in Uintah County.

**Dog Poisoning:** Mr. Wright stated at last count there have been 20 dogs and 10 cats die in our county of 1080 poison. County and State investigators are working on this matter. Animals have been burned to avoid other possible contamination.

**Special Education F.H.Class:** Mr. Wright said he had recently given a food handlers class geared to special education students. The state has asked for copies of the material used as they may copy it for other health departments to use.

**Strawberry Lake:** Mr. Wright stated he had recently attended a meeting in which strawberry lake was discussed. They are going to poison the lake in 1988 to get rid of the trash fish. The environmental impact statement will address possible problems this may cause.

**Heber City Culinary Water:** Heber City has been given approval by the state to construct a new culinary water reservoir.

**Lead Study:** Mr. Wright said the state is conducting a study to see how many homes may have a high lead count in their drinking water by using lead pipes.

**Legislative Update:** The legislature has dropped the bill to do away with fees for health department services for this year.

**Wallsburg Estates Status:** Commissioner Duke reported he had attended a 4-hour hearing on the Wallsburg Estates proposal. They are proposing 20 - 5 acre lots with individual wells and sewage disposal. There is a problem with zoning. Another meeting has been set for March 4, 1987.

**Mine Tailings:** Mr. Wright stated he had asked those studying the mine tailings to hold a public meeting so people of the county could be apraised of this study but we have not received a response back as yet.

**Health Dept. Fee Schedule:** The board discussed a proposed fee schedule for review of food service, wastewater, subdivision and soils tests, and file search. After some discussion Dr. Green made a motion this schedule be accepted. Mrs. Murdock seconded motion. Motion carried. (See copy #2).

**Spray Problems:** Dr. Green asked if it were possible to contaminate the water aquifer by spraying pesticides. Mr. Wright said he would look into this possibility.

**Next Meeting:** The next meeting was scheduled for Monday, March 16, 1987 at 12:00 P.M. in the county services complex.

Meeting was adjourned at 1:45 P.M.

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Chairman Calvin Giles



#1

# TABULATION TOTALS FOR IMMUNIZATION CLINICS

 YEAR, 1988

MONTH	POLIO	DPT	DT	MMR	MUMPS	MR	HiB	54	MONTHLY TOTAL
MAR 86	26	26	7	6					65
APR 86	43	53	2	10					108
MAY 86	40	53	1	11	1				106
JUN 86	103	107	2	17	1				232
JUL 86	50	61	2	17					132
AUG 86	35	40	7	12					91
SEP 86	42	48	2	9					101
OCT 86	66	74	5	20			8		123
NOV 86	55	68		26			6		155
DEC 86	38	56	2	10			4	210	320
JAN 87	49	64	6	9		1	8		137
FEB 87	39	35	2	6			1		73
MAR 87	576	687	35	133	2	1	27	210	1693

7-2

PROPOSED FEE SCHEDULE

**FOOD SERVICE**

Food Handlers Permits	\$ 3.00	Good for two years
Duplicate card	\$ 1.00	
Food Service Establishments	\$20.00	Good until revoked
Temporary Food Stand	\$ 5.00	14 days maximum

**WASTEWATER**

Scavenger Service	\$10.00	Renewable annually
Percolation test & insp.	\$20.00	
Call back inspection	\$10.00	+ .22 per mile

**SUBDIVISION REVIEW & SOIL TESTS**      \$20.00 + \$10/hole

**FILE SEARCH FOR LOAN APPROVALS**      \$20.00 + \$20/hr & .22 per mile if needed

**SWIMMING POOLS**

## MINUTES OF THE WASATCH CITY-COUNTY BOARD OF HEALTH

May 18, 1987

12:00 P.M.

County Services Complex

## Present were:

Calvin Giles	Chairman
Connie Tatton	Vice-chairman
Elizabeth Murdock	Member
Jeff Bradshaw	Ex-officio
Gaylen Wright	Ex-officio
Larry B. Duke	Commissioner
Phil D. Wright	Health Director
Sue Barker	Nurse Director
Maren Durtschi	School Nurse
Ranae Williams	Nutritionist/Educator
Larry Carcelli	Mental Health
Patrice Tucker	Secretary

## Excused:

Rulon Phillips  
Lynn Webster  
R. Raymond Green  
Robert Blanthorn  
Nelda Duke

**Welcome:** Chairman Giles welcomed those present and called the meeting to order.

**Invocation:** The invocation was offered by Mrs. Durtschi.

**Minutes:** Minutes of the meeting held April 20, 1987 were read by Mrs. Tucker. Mr. Giles made a motion minutes be approved as read. Mrs. Tatton seconded the motion. Motion carried.

**Kaiser Grant:** Mr. Wright stated Rod Hopkins has been hired as director of the Kaiser Grant and will begin on June 1st. They hope to have two prevention specialists hired in the near future.

**Dump Station:** Mr. Wright stated he had talked with Max Mawhinney of the Chamber of Commerce regarding interest in obtaining a sewage dump station.  
Commissioner Duke said he had contacted the state park and they said the seventy travel trailers was welcome to use their dump station at a \$3.00 charge.

**Buck Snort  
Saloon:**

Mr. Wright said the Buck Snort Saloon has finally got their business license. They had to put a chlorinator on their water system and sign a written statement that they would sample on a monthly basis. They are limited to a seating capacity of 26 people.

**Max Miller  
Development:**

Max Miller owns property on the road going towards Kamas. He is proposing an ultra lite plane airport and a 12 space recreation vehicle park. He has a well and wants to change the use from a private dwelling to a recreation system. Mr. Giles asked how the board felt about us approving these developments when it will be only a short time until the area will be covered with water. Mr. Wright said as long as they meet health department requirements there is no way we can stop them.

**Strawberry Lake  
Estates:**

Mr. Wright said he had checked on Mr. Mahoney's line of credit for the development of Strawberry Lake Estates and the credit is good. We have issued 4 building permits in the past few weeks.

**New Zealand  
Venison:**

Mr. Wright said he has received word that Utah is now marketing New Zealand venison. It is federally inspected and will come in frozen form.

**Services to the  
Homeless:**

Mr. Wright said he had attended a meeting in Salt Lake regarding services to the homeless. They were trying to get coordinators thru each county. As far as we know we have not had any problem with this. Mr. Carcelli said Social Services has a program in which they can be given a bus ticket to go wherever they have relatives.

**Deer Creek Island  
Boat Camp:**

Mr. Wright said the restaurant at the Island Boat Camp is ready to open. They have installed a sewage pump and a large drainfield 100 feet above the high water mark. It is a nice facility.

**Strawberry Water  
Users Complex:**

The Strawberry Water Users Complex will consist of a 30-unit motel, convenience store, restaurant and gas station and is being built at the old Bill's Snack Bar. They will have to pump their sewage also.

**Emergency  
Planning:**

Mr. Wright explained the Emergency Planning Right to Know program. This is a program that requires people who store hazardous chemicals to be registered. We will know more about this after a meeting on June 2nd.

Don Berg  
Cabin Problem:

We sent a letter to Don Berg requiring him to bring his property into compliance within 30 days. He has two trailers with no water or sewage approval.

Wallsburg  
Sub-division:

Mr. Wright said he had just learned that the Wallsburg Sub-division is now being planned for 120 lots with a common septic tank and drainfield.

Medical Advisor:

Mr. Wright stated Dr. George Pitts will be the Medical Advisor to the Health Board for at least a year.

Immunization  
Clinics:

Mrs. Barker reported we held two monthly clinics in April along with 4 days of kindergarten immunizations and eye testing for kindergarten registration.

Hypertension:

Mrs. Barker said we checked 40 people for hypertension in our clinic. Mrs. Durtschi taught a class in school and checked some teachers for hypertension. Some problems were found.

Buckle Up Month:

Mrs. Williams said May is Buckle Up Month and a campaign is being run at the hospital to encourage people to use seat belts. They sign up to use seat belts and are eligible for a drawing.

Immunization  
Contract:

Mr. Wright said we have received our Immunization contract and it is essentially the same as last year. It will be taken to the commission meeting tomorrow for signatures.

WIC:

Mrs. Williams reported we vouchered 348 WIC clients in April and have 364 participants on the program. We had a site visit by the new WIC Director, Ted Fairchild last month. She also reported our administration budget will be increased \$3200 which will total \$43,476 and our food budget is \$101,888.

Flu Vaccine:

Mrs. Barker said she had ordered 300 doses of flu vaccine for next year.

Adult  
Immunization:

Mr. Wright stated many of the young people attending universities are getting diseases such as mumps and measles and so a push is being put on to keep their immunizations up to date.

- HIB Vaccine:** Mr. Wright said the Salt Lake City-County Health Department passed an ordinance that all children attending day care centers have to be immunized for HIB. He asked how the board felt about this. It was stated that we could suggest that all children attending day care centers be immunized with HIB.
- Aids:** Mrs. Durtschi and Mr. Wright said the program presented by Rachelle Green on Aids was very good. Mr. Bradshaw stated that Dr. Green had approached the school board about Aids education in the schools and they are aware of the problems and are working on them.
- Rheumatic Fever:** Mrs. Barker said Dr. Burton had reported one case of rheumatic fever in our county.
- Colorado Tick Fever:** Mr. Wright said our county reported the first case of Colorado Tick Fever in the state for this year.
- Mental Health:** Mr. Carcelli reported his case load in Park City had finally dropped. He was carrying 35 to 40 clients and his case load is 20 clients. He said things seem to be going quite well.
- Next Meeting:** The next meeting was scheduled for June 15, 1987 at 12:00 noon in the County Services Complex.
- Meeting adjourned at 1:15 P.M.

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Calvin Giles, Chairman

## Landfill rates to increase

*25 May 1987*  
HEBER CITY — Wasatch County is getting everybody else's garbage, so the commissioners decided last week to raise landfill use charges.

The problem is that surrounding counties charge more to use their dumps than Wasatch so it's chaper for people to take their trash there than dump at their own landfills.

They noted that Summit County charges will be raised on June 1 and emphasized Wasatch must raise its charges at that time also, to avoid getting Summit's garbage. They requested Public Works Director Kent Berg to investigate rates charged by neighboring counties and recommend a new fee schedule for Wasatch at the next commission meeting.



Norman H. Bangs, Jr.  
Governor

Suzanne Dandoy, M.D., M.P.H.  
Executive Director

June 3, 1987

Phil D. Wright, M.S., R.S.  
Health Officer  
Wasatch City-County Health Department  
805 West 100 South, POB 246  
Heber City, Utah 84032

Dear Mr. Wright:

Enclosed are drafts of procedures, forms and instructions for the voluntary identification of lay midwives and out-of-hospital incident reporting within your district.

The voluntary identification of lay midwives/home birth attendants and voluntary reporting of out-of-hospital birth incidents are recommendations of the Lay Midwifery Taskforce convened last year by Dr. Dandoy. We anticipate a maximum of 40 - 45 lay midwives will participate throughout the state. The number of persons requesting forms should be relatively small within any one district.

The intent of identification is not to collect detailed research or statistical information on home birth or the practice of lay midwifery. Persons identified through this program will be provided with information on inservice education opportunities, consumer rights, informed consent and laws pertaining to childbirth in the Utah Code. Their names and addresses will also be added to Health Department mailing lists for newsletters or other pertinent public information.

Lay midwives already known to the department will be contacted by the Maternal and Infant Bureau and requested to complete the form. They will also be asked to assist in informing their peers about the registration form and how it can be obtained. Physicians, nurse-midwives, lay midwives and hospitals will be sent the incident report forms. Public press releases will also originate from our office. Your assignment will be to:

1. Provide necessary forms to persons contacting your agency.
2. To send completed forms back to the Maternal and Infant Bureau.

Please review the enclosed information with regard to the impact upon your agency, items included unnecessarily, items omitted, and general clarity. Your comments and criticism will be much appreciated.

I will take note of either verbal or written comments made before June 20, 1987. Please respond directly to me at the address or phone number listed below. As soon as the forms are printed I will send them to you.

Thank you.

Sincerely,



Gail Evans, R.N., M.S., C.N.M.  
Maternal Health Consultant  
Maternal and Infant Health Bureau  
44 Medical Drive  
Salt Lake City, Utah 84113

(801) 533-4084

cc: Director of Nursing

0282j/mgs





Norman H. Bangler  
Governor

Suzanne Dandoy, M.D., M.P.H.  
Secretary

**DRAFT**

## Lay Midwifery/Home Birth Attendant

### Identification Program

#### Procedural Instructions for Local Health Departments

1. Identify a staff person (clerical) to store, distribute, collect and retain the identification forms.
2. Retain one copy for you records. (pink)
3. Return one copy to the Lay Midwife/Home Birth Attendant. (yellow)
4. Send the original to:

Lay Midwife Identification Program  
Gail Evans, R.N., M.S., C.N.M.  
Maternal and Infant Health Bureau  
44 Medical Drive  
Salt Lake City, Utah 84113

5. Requests for referrals from childbearing families to midwives or home birth attendants identified by this process should not be completed. Public requests can be diverted to the Maternal and Infant Health Bureau program staff listed above. Individual records can be considered confidential by your agency staff.
6. A copy of the pamphlet "Considering Homebirth" should be given to childbearing families requesting information. Direct referral implies endorsement and we discourage this process.
7. A copy of completed forms which bypass the Local Health Department and come directly to the Maternal and Infant Bureau will be dispersed in the same manner as listed above.
8. Any out-of-hospital childbirth incident report forms which are sent to your agency by mistake please forward directly to the address listed above.
9. If you or your staff have problems with the individuals reporting or with processing the forms please call the program staff at:

1 (801) 533-4084

Thank you

0278j/mgs





Norman H. Bangerter  
Governor

Suzanne Dandoy, M.D., M.P.H.  
Executive Director

LAY MIDWIFE/HOME BIRTH ATTENDANT  
VOLUNTARY IDENTIFICATION PROGRAM

Information and Instructions

**DRAFT**

The voluntary identification of lay midwives and home birth attendants was among the recommendations of the Lay Midwifery Taskforce convened in 1986 by the Executive Director of the Utah Department of Health. The Taskforce was comprised of lay midwives, home birth families, physicians, certified nurse-midwives, an attorney, representatives of women's rights advocacy groups and other state and local health department personnel. This recommendation came from an expressed need for more information sharing and from an awareness of the needs and rights of childbearing families. In order to improve communication among all people concerned, a current, accurate method of contacting all lay midwives and other home birth attendants is helpful. Seeking to change the legal status of lay midwives and home birth is not among the current recommendations of the Taskforce.

If you comply with voluntary identification:

1. YOUR NAME, MAILING ADDRESS, AND (IN SOME SELECTED INSTANCES) TELEPHONE NUMBERS, ----WILL BE RELEASED TO RECOGNIZED GROUPS CIRCULATING NOTICES OF CLINICAL EDUCATIONAL SESSIONS, OPEN MEETINGS OF POTENTIAL INTEREST, PUBLIC INFORMATION AVAILABLE, LEGAL INFORMATION AND/OR POLITICAL EVENTS CONCERNED WITH CHILDBEARING.
2. You may NOT consider yourself or advertise yourself as CERTIFIED, LICENSED or REGISTERED because these terms involve legal, professional and/or educational status which this program of simple "identification" does not confer.
3. One copy of the identification form is for you to keep for your records. If you have questions, comments or need some particular information you may contact the Maternal and Infant Health Bureau at the address and telephone listed on the form.

0281j/mgs



Norman H. Bangerter  
Governor

Suzanne Dandoy, M.D., M.P.H.  
Deputy Governor

**DRAFT**

May 26, 1987

Name  
Address  
City, State, Zip

Dear Physician, Certified Nurse-Midwife or Lay Midwife:

One of the recommendations of the Taskforce on Lay Midwifery and Home Birth, established by the Utah Department of Health, addressed the need for a mechanism to report complications and untoward events which occur in out-of-hospital childbearing situations. The enclosed incident report form will enable the Maternal and Infant Bureau to identify areas where information may be dispensed to prevent future problems or to facilitate referrals for followup care for mothers and infants.

This incident report form gives the public and providers an opportunity to report unusual events. It is not required. Information obtained will be recorded within the Maternal and Infant Bureau and used in continuing discussions of the issue of out-of-hospital births.

If legal action (professional, civil or criminal) is undertaken by any party to the incident, the usual law enforcement agencies should be contacted. The Bureau of Maternal and Infant Health is concerned with promoting a healthy outcome to pregnancy.

Individuals who wish to report favorable outcomes from out-of-hospital childbirth, may request consultation for data collection formats from the Maternal and Infant Bureau.

If you have comment or criticism of the incident report form, please contact the Maternal and Infant Health Bureau directly.

Sincerely,

THOMAS J. WELLS, M.D., M.P.H.  
Director, Maternal & Infant Health Bureau

GAIL EVANS, R.N., M.S., C.N.M.  
Maternal Health Consultant

0280j/mgs

Out-of Hospital Childbirth  
Incident Report Form**DRAFT**

Please record the information below for each complicated out-of-hospital childbirth. Describe both maternal and infant complications. Return the form to: Maternal & Infant Health Bureau, Attn: Maternal Health Consultant, 44 Medical Drive, Salt Lake City, Utah 84113. Thank you.

Date of Report: \_\_\_\_\_

1. Reporting Agency/Individual: \_\_\_\_\_  
(name)

\_\_\_\_\_  
(title)\_\_\_\_\_  
(address: street #, city, state and zip code)\_\_\_\_\_  
(telephone number)

2. Date of incident: \_\_\_\_\_

3. Place of occurrence: \_\_\_\_\_

4. Place where you examined the mother/infant: Home - Office - Hospital -  
Other: \_\_\_\_\_

5. Attendant at birth: \_\_\_\_\_  
(name and type of attendant)

\_\_\_\_\_  
(address, street #, city, state and zip code)\_\_\_\_\_  
(telephone #)

6. Please describe the incident, outcome and followup necessary (include the patient's name and address and date of birth): \_\_\_\_\_

(You may continue on the back of this page or attach additional pages.)

0279j/mgs

MINUTES OF THE WASATCH CITY-COUNTY BOARD OF HEALTH

July 20, 1987

12:00 Noon

County Services Complex

Present were:	Connie Tatton	Vice-chairman
	Elizabeth Murdock	Member
	Larry Duke	Commissioner
	Phil Wright, M.S., R.S.	Health Director
	Sue Barker, R.N.	Nursing Supervisor
	Ranae Williams, M.S., R.D.	Nutritionist/Educator
	Maren Durtschi, R.N.	School Nurse
	Gaylen Wright	Ex-officio member
	Robert Blanthorn, L.C.S.W.	Alcohol/Drug Director
	Larry Carcelli, Ph.D.	Mental Health
	Jeff Bradshaw	Ex-officio
	Nelda Duke	Secretary
	Rod Hopkins	Kaiser Grant Director
Guest:	Diana Maxell	
Excused:	Calvin Giles	

Welcome: Mrs. Tatton welcomed those present and called the meeting to order.

Minutes: Minutes of the meeting held May 18, 1987 were read by Mrs. Duke. Mrs. Murdock made a motion minutes be approved. Commissioner Duke seconded the motion. Motion carried.

Alcohol/Drug Report: Mr. Blanthorn reported they now have 29 clients. The K thru 12 training program is going very well. There are now 6 teachers trained in the program. Approximately 600 students have received training and they have updated five teachers in the program.

Mr. Blanthorn said the detox procedure has been set. If a person cannot get to Provo to the Utah Valley Hospital our local hospital will take care of them and the doctor on call will diagnose and treat the patient.

Mr. Blanthorn also suggested we combine Summit and Wasatch County services with one administrator to save money in the Prevention program.

He also stated his office had applied for a grant to pay one-half of Mrs. Agutter's salary to work in the schools.

**Kaiser Grant:** Mr. Hopkins submitted a fact sheet (see copy #1) and gave a brief overview of the program. This grant is for 150 thousand dollars per year for three guaranteed years and a possibility of up to five years. He is now interviewing for a Prevention Specialist.

**Mental Health:** Mr. Carcelli stated there has been a big change in Mental Health services caused by Medicare cuts. His client load has raised ten people which make a case load of 45.

**Park City Community Clinic:** Diana Maxell, a Nurse Practitioner and Director of the Park City Community Clinic gave a brief overview of the services offered in their clinic. She asked for permission to talk with some of our WIC clients and explain their program. After some discussion Mrs. Murdock made a motion we allow her to meet with our WIC clients and explain their services. Mrs. Tatton seconded motion. Motion carried. Mrs. Maxell will correlate with our nurses for time and office space.

**WIC:** Mrs. Williams reported we now have 353 clients on our WIC program and vouchered 336 clients in June.

**Immunization Clinics:** Mrs. Barker stated we gave 107 immunizations in June and this included one special clinic for kindergarten registration.

**Hypertension Clinic:** Mrs. Barker reported we checked 27 patients for high blood pressure last month.

**Well Child Clinic:** Mrs. Barker also reported we saw 9 children in our Well Clinic last month.

**Immunization Audit Results:** Mrs. Durtschi submitted a copy of the Utah Immunization Audit and explained how it was done. (See copy #2). She was commended by the board for her excellent records. We had 100% unconditional enrollment.

**Cancer Screening Clinic:** Mrs. Barker said our annual cancer screening clinic is scheduled for August 10th. Articles have been published in the local paper and letters have been sent to previous patients.

**Fair Booth:** Mrs. Barker said plans are being made to set up a booth at the county fair to take blood pressure as well as distribute health brochures and pamphlets.

Charge For  
Immunization  
Records:

Mrs. Barker also stated she wanted the board to be aware that some health departments are charging for searching and mailing immunization records.

Smoke Free  
Program:

Mrs. Williams said we have received a grant for \$4,759 for a Smoke Free Program and plans are being formed to carry out this program.

Jordan Ranch:

Mr. Wright stated Jordan Ranch has submitted plans to the state for their development near the Jordanelle Reservoir.

Daniel Summit:

He also said 16 lots have been approved in the Daniel Summit development and two building permits have been issued.

Forty Dam Acres:

Mr. Wright reported 40 dam acres have asked for 40-one acre lots but they have water problems at the present.

Land Fill:

The commissioners have appointed a committee to study and help select a new site for the land fill. They are reviewing soils maps and studying all aspects as the current land fill will last about one more year.

Underground  
Storage Tanks:

Mr. Wright said the legislature had passed a law that all underground storage tanks must be inspected. Our county has about 70 tanks and it will be the responsibility of the local or state health departments to monitor these tanks.

Mine Tailings:

Mr. Wright said a plan for testing mine tailings will be submitted by the end of this month and results of the tests should be in before winter to see if materials are hazardous.

Restaurant  
Inspection Fees:

Mr. Wright said Salt Lake County lost their case in court to charge for restaurant inspections while Davis county won their case.

Next Meeting:

The next meeting was scheduled for August 17th at 12:00 noon in the county services complex.

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Chairman



MINUTES OF THE WASATCH CITY-COUNTY BOARD OF HEALTH

August 17, 1987

12:10 P.M.

County Services Complex

**Present were:**

Calvin Giles	Chairman
Rulon Phillips	Member
Phil D. Wright, M.S., R.S.	Health Director
Sue Barker, R.N.	Nursing Director
Ranae Williams, M.S., R.D.	Nutritionist/Educator
Larry Duke, D.D.S.	Commissioner
Robert Blanthorn, L.C.S.W.	Alcohol/Drug Director
Larry Carcelli, Ph.D.	Mental Health
Rod Hopkins	Kaiser Grant Director
Nelda Duke	Secretary

**Excused:**

Connie Tatton  
Elizabeth Murdock  
R. Raymond Green, M.D.

**Welcome:**

Chairman Giles welcomed those present and called the meeting to order.

**Opening Prayer:**

Mr. Hopkins offered the opening prayer.

**Approval of Minutes:**

Minutes of the meeting held July 20, 1987 were read and corrected by Mrs. Duke. Mr. Phillips made a motion minutes be approved. Commissioner Duke seconded motion. Motion carried.

**Alcohol/Drug Report:**

Mr. Blanthorn reported he now has 31 active clients and the probation parole wants 2 or 3 clients evaluated. He said the programs will be beginning this week in the schools and the K-12 program will be carried out the same as last year.

**Kaiser Grant:**

Mr. Hopkins said he had visits from Stanford University and Mike Felix from the Kaiser Foundation to give an overview of the national program. They suggested he re-evaluate and replan the program for the next 5 to 8 months. Mr. Hopkins also stated he had given some money to the Park City Teen Center. In the future monies will be dispersed by the council.

**Mental Health  
Workshop:**

Commissioner Duke stated there is a workshop scheduled in October for commissioners regarding the mental health program and suggested Mr. Wright attend.

**Chlorine Gas  
Handlers:**

Mr. Wright said the state is compiling a list of all facilities that handle at least 100 lbs. of chlorine at one time. He asked if the board was aware of other facilities besides Heber City Water and the Wasatch Community Pool. They suggested he check with the Heber Valley Sewer District and the Homestead.

**Landfill:**

Mr. Wright reported the committee for studying a new site for the landfill has been organized and one meeting has been held. They are meeting next week and will tour the county to check out possible sites. Mr. Giles suggested they check out two areas in the Lake Creek area.

**Jordan Ranch  
Development:**

Mr. Wright stated Jordan Ranch has submitted plans to the state and they are in the final approval stage. Meantime Mr. Jordan has asked for approval to park 20 R.V. trailers for workers. The planner and building inspector have signed his business license. Mr. Wright asked how the board felt about allowing him to park these trailers before final state approval. After some discussion Mr. Giles made a motion we allow Mr. Jordan to park these trailers before final approval if the following criteria is met:

1. A letter must be received from the State Health Department indicating that he can start construction of the waste disposal system and the water distribution system.
2. The water he intends to use must be listed for bacteriological quality and be approved.
3. Sewage must be properly handled.
4. Chemical toilets and the R.V. trailers must be pumped on a regular basis.
5. A definite time frame must be given as to the completion of the sewage disposal systems.

Mr. Phillips seconded motion. Motion carried.

**Underground Storage  
Tanks:**

Mr. Wright said after some study regarding the inspection of underground storage tanks, it was his recommendation that we do not accept this program. The board agreed with this decision and Mr. Wright will send a letter to the state regarding this decision. (See copy #1).

**Swiss Days:**

Mr. Wright said the Swiss Days Food Handlers are cooperating with him very well this year. He will be attending a food service meeting with them next week.

**Lake Creek  
Developments:**

Mr. Wright said two developments are now in the planning in Lake Creek.

**Hemolytic Uremic  
Syndrome:**

Mr. Wright stated an outbreak of Hemolytic Uremic Syndrome at the American Fork Training School and a Nursing home in Salt Lake may be traced to ground beef. He brought this up to show the importance of correct processing of food.

**Radon Gas:**

The State Health department is starting to monitor for radon gas and wants the local health department to do this. We will have more information on this.

**Camp Rogers  
YMCA Camp:**

Mr. Wright said he made an inspection at the Camp Rogers YMCA Camp and it was in very poor condition. (See copy #2).

**WIC:**

Mrs. Williams reported we have 356 clients on our WIC program. This represents 214 families. We have 17 teen agers who are pregnant or have new babies.

**University of Utah  
Smoke Study:**

Mrs. Williams stated the University of Utah is conducting a smoke study on September 15th and 16th in Summit County for smokers 35 to 59 years old. Our county is invited to participate.

**Smoke & Health:**

Mr. Wright submitted a copy of a Smoking Survey taken in Utah. (See copy #3).

**Fair Booth:**

Mrs. Barker reported the Health Booth set up at the county fair was very successful. Blood pressures were checked with 4 patients being referred for further treatment and the smoking display was especially interesting to the younger boys.

**Cancer Screening  
Clinic:**

Mrs. Barker reported 61 women were screened at the Cancer Screening Clinic on August 10th. There was some interest in holding another clinic for those who were unable to attend. The state said if we had at least 30 more ladies they would conduct another clinic.

MINUTES OF THE WASATCH CITY-COUNTY BOARD OF HEALTH

October 26, 1987

12:10 PM

County Services Complex

Present:	Calvin Giles	Chairman
	Connie Tatton	Vice-chairman
	Elizabeth Murdock	Member
	Rulon Phillips	Member
	R. Raymond Green, M.D.	Member
	Phil D. Wright, M.S., R.S.	Health Director
	Robert Blanthorn, L.C.S.W.	Alcohol/Drug Director
	Larry Carcelli, Ph.D.	Mental Health
	Gaylen Wright	Ex-officio member
	Jeff Bradshaw	Ex-officio member
	Larry B. Duke, D.D.S.	Commissioner
	Ranae Williams, M.S., R.D.	Nutritionist/educator
	Nelda Duke	Secretary
Excused:	Sue Barker, R.N.	
Guest:	Ray Loveless	
	Kent Berg	

Welcome: Chairman Giles welcomed those present and called the meeting to order.

Invocation: The invocation was given by Mrs. Williams.

Minutes: Minutes of the meeting held September 21, 1987 were read by Mrs. Duke. Mrs. Tatton made a motion minutes be approved as read. Mrs. Murdock seconded motion. Motion carried.

Mental Health Report: Mr. Carcelli reported the mental health program is going quite well and he now has a case load of 35. He stated the funding will be adequate until next January.

Alcohol/Drug Report: Mr. Blanthorn reported they have 34 active clients on their program. There are 12 students in the Middle School and five in the high school who are participating in the prevention program. The program in the Middle School seems to be quite effective.

Commissioner Duke stated he had received a copy of an ordinance which requires people serving alcohol to take special training. He will give this to the county attorney for review.

Mrs. Murdock said the LDS Relief Society lessons for next month are centered around drug prevention so we will probably be asked for materials and other helps.

**Silver Mt:** Mr. Wright said Fitzgeralds are proposing a 400 unit subdivision on their property in Strawberry Valley north of the highway called Silver Mountain.

**Strawberry Lake Estates:** Mr. Wright said Strawberry Lake Estates has installed one water tank.

**Jordan Ranch:** Jordan Ranch is now installing drainfields for their development.

**Dry Subdivisons:** Mr. Wright submitted a copy of a proposed ordinance regulating "dry subdivisions". The board discussed the necessity of adopting this ordinance. After some discussion Mrs. Tatton made a motion we present this ordinance to the commissioners for passage. Dr. Green seconded motion. Motion carried.  
Mr. Wright was asked to present this proposed ordinance to the county attorney for study.  
We will conduct a hearing at our next monthly board meeting.

**Health Screenings:** Mr. Wright stated Mountainlands have monies for health screenings for senior citizens. We will provide them with free mammograms and glucose screening along with the blood pressure checks we have been doing in the past.

**Health Dept. Monies:** Mr. Bradshaw stated the health department and library funds appear to have surplus monies this year so other departments may have to use it.

**Tobacco Use:** Mrs. Williams stated the State is conducting a Tobacco Use Survey in the high school and middle school in the next few weeks.

**Smoke Free Utah:** Mrs. Williams said we have monies to use in the "Smoke Free Utah" program. We are targeting WIC clients to reduce smoking in the pregnant moms.  
Dr. Green suggested we use some of the monies to purchase displays, posters, etc.

**Next Meeting:** The next meeting was scheduled for Monday, November 16th 12:00 noon in the County Services Complex.

Meeting was adjourned at 1:45 P.M.

-----  
Chairman

**Land Fill:**

Mr. Berg gave a brief review of the study to find a new land fill in the county. He said the committee that was formed had narrowed the possible sites to four. He submitted a copy of the criteria used to select the sites. (See copy #1).

Mr. Wright showed slides of the four proposed sites and discussed pros and cons for each site.

The recommendations will now be given to the county commission and other studies will be made as to the feasibility of each site.

**High Country  
R.V. Park:**

Mr. Wright stated the High Country Cafe and Motel are planning a 20-30 unit R.V. Park west of the cafe. They are now hooked onto Heber City water and sewer. It was suggested they be encouraged to install a sewage dump station.

**Water Quality  
Study:**

Mr. Loveless gave an updated report of the Mountainlands water quality studies in the county. He stated they are trying to control animal wastes from flowing into Deer Creek and mentioned several dairy farmers who have participated in this program. He also mentioned they are involved in public education as well as publishing a newsletter and brochures.

He suggested the board contact people who are hesitant to participate in this water quality program and encourage them to do so. The board said they would be happy to help in any way.

**WIC Report:**

Mrs. Williams reported we now have 359 clients on the WIC program and our yearly ethnic report showed we have 8 Hispanic and 5 Indians on the program.

**Immunization:**

Mrs. Williams stated we gave 322 immunizations last month with 205 being flu shots.

**Blood Pressure:**

It was reported 23 patients were checked for hypertension.

**Well Child:**

Twenty children were seen at the Well Child clinic last month.

**Amblyopia  
Screening:**

We will be conducting an Amblyopia Clinic on November 6th in our building.

# WASATCH CITY-COUNTY HEALTH DEPARTMENT

## BOARD MEMBERS

CALVIN GILES, CHAIRMAN  
COUNTY  
CONNIE TATTON, VICE-CHAIRMAN  
MIDWAY  
ELIZABETH MURDOCK, MEMBER  
HEBER  
RULON PHILLIPS, MEMBER  
WALLSBURG

805 WEST 100 SOUTH  
P.O. BOX 246  
HEBER CITY, UTAH 84032  
PHONE (801) 654-2700

## BOARD MEMBERS

R. RAYMOND GREEN, MEMBER  
HEBER  
LYNN WEBSTER, MEMBER  
CHARLESTON  
LARRY B. DUKE, MEMBER  
COMMISSIONER  
GAYLEN WRIGHT, EX-OFFICIO  
RESTAURANTS  
JEFF BRADSHAW, EX-OFFICIO  
SCHOOLS

November 12, 1987

Dear Dr. Green,

Our regular monthly board of health meeting has been changed to Monday, November 30th at 12:00 noon in the County Services Complex.

I hope this will not inconvenience you and you will be able to attend.

Sincerely,



Nelda

## STAFF

PHIL D. WRIGHT, M.S., R.S.,  
HEALTH DIRECTOR  
RENAE WILLIAMS, M.S., R.D.  
NUTRITIONIST/EDUCATOR

SUE BARKER, R.N.  
NURSE SUPERVISOR  
MAREN DURTSCHI, R.N.  
SCHOOL NURSE

NELDA DUKE  
OFFICE MANAGER  
PATRICE TUCKER  
SECRETARY

WASATCH CITY COUNTY BOARD OF HEALTH

AGENDA

November 30, 1987

12:00 Noon

County Services Complex

Welcome:

Invocation:

Minutes:

Mental Health Report:

Alcohol/Drug Report:

25 / Oct 86 — 30 Oct 87 38 Alc  
8 Drug  
IV

Nurse Director Report:

Prenatal Initiative Status Smoke Tax Fed Poverty Level

Immunization

Senior Citizens Health Screenings 89 manuscript

Well Child 15

Blood Pressure

Life Style Risk Factor Report

WIC

Smoke Free Utah

Health Directors Report:

Budget Approval for 1988

Silver Mountain Development

Timberlakes

DOT Trailers

Food Service Survey

Land Fill Status

Dry Subdivision Regulations

Christmas Party

Schedule of Meetings for 1988

Other Business:

15th  
Tues



MINUTES OF THE WASATCH CITY-COUNTY BOARD OF HEALTH

November 30, 1987

12:10 P.M.

County Services Complex

Present:	Calvin Giles	Chairman
	R. Raymond Green, M.D.	Member
	Larry B. Duke, D.D.S.	Commissioner
	Phil D. Wright, M.S., R.S.	Health Director
	Gaylen Wright	Ex-officio
	Jeff Bradshaw	Ex-officio
	Robert Blanthorn, L.C.S.W.	Alcohol/Drug Director
	Sue Barker, R.N.	Nursing Director
	Maren Durtschi, R.N.	School Nurse
	Ranae Williams, M.S., R.D.	Nutritionist/Educator
	Nelda Duke	Secretary

Excused: Connie Tatton  
Elizabeth Murdock  
Rulon Phillips

Welcome: Chairman Giles welcomed those present and called the meeting to order.

Invocation: Mrs. Durtschi offered the invocation.

Minutes: Minutes of the meeting held October 26, 1987 were read by Mrs. Duke. Commissioner Duke made a motion minutes be approved as read. Chairman Giles seconded the motion. Motion carried.

Alcohol/Drug Report: Mr. Blanthorn reported he had 25 clients with substance abuse in treatment and seven of their family members. In the past year from Oct 86 to Oct 87 he has treated 38 for alcohol abuse and 8 clients with a drug abuse problem ( 4 of these were intravenous users).  
Mr. Blanthorn submitted and discussed his projected budget. (See copy #1).  
He also submitted and discussed the referral form he uses in the schools. (See copy #2).  
He said there are 12 to 14 teachers trained in the K thru 12 program in the schools.

Prenatal Initiative Program: Mrs. Barker explained the Prenatal Initiative Program. This is a program for pregnant women who do not qualify for medicade but are still at poverty level.

Immunizations: We gave 161 immunizations last month.

Senior Citizens Health Screening: Mrs. Barker said the hospital reported they done 39 mammograms for senior citizens with 2 being questionable. We will pay for these through our Mountainlands contract. We also have a list of several women who would like this service.

Glucose Screening: There were 51 senior citizens checked in our glucose screening clinic.

Well Child Clinic: There were 15 children seen in our Well Child Clinic last month.

Hypertension: 143 clients were checked for hypertension.

WIC: Mrs. Williams said we now have 365 clients on our WIC program with 345 being vouchered last month. She also mentioned we had received word that we could take recent hemocrits from doctors instead of doing it so often on patients. We have also been asked to wear rubber gloves while doing blood work on patients.

Smoke Free Program: Mrs. Williams said we are working in the Smoke Free Utah program by screening pregnant women who are on our WIC program. Also after the holidays we will do adolescent cessation. She showed the board some of the materials she will be using in this program.

1988 Budget: Mr. Wright submitted a copy of our 1988 proposed budget. After reviewing and discussion Dr. Green made a motion this budget be accepted. Mr. Giles seconded motion. Motion carried. (See copy #3).

Silver Mountain Subdivision: Mr. Wright said the procedure for developing a subdivision had been changed somewhat for the Silver Mountain development inasmuch as one engineer would be used for both the county and the developer.

Timberlakes: Mr. Wright stated Timberlakes extended their water system into another area without our knowledge. When he checked into this problem he found the state had given them verbal approval. He wrote a letter to the state regarding this problem. (See copy # 4).

rs: The State Department of Transportation moved two trailers in on the River Road without our approval. We had the trailers red-tagged and they came in for approval. They are in a high water area and have no drinking water. They are now working for approval.

Food Service  
Survey:

Mr. Wright said the state will be conducting a food service survey next year. He gave a copy of a booklet to Gaylen Wright regarding food service and asked for his opinion. Gaylen said it was an excellent booklet.

Landfill:

Mr. Wright said the Geological Survey Report indicated that any of the four suggested sites for the landfill would be feasible. The number one site seems to be the Allen's area behind Rainbow Bay. Commissioner Duke said they had met with Dee Hansen to discuss the Department of Wildlife Resources exchange of property. They are asking for 50 acres which should hold the landfill for 30 to 40 years.

Dry Subdivision  
Regulations:

Mr. Wright said the county attorney had reviewed the proposed Dry Subdivision Regulations and said it looked good. We will hold a hearing in January.

Infant Car  
Restraint:

The hospital does not want to handle the Infant Car Restraint program anymore so we will drop the program from our department.

Meeting Schedule:

The monthly schedule for next year's meetings was discussed. (See copy # 5) and will be published in the local paper next month.

Annual Christmas  
Party:

The annual Christmas party will be held on December 15th at Chick's Cafe.

Alcohol  
Dispensers:

Commissioner Duke said the commissioners had approved the ordinance on training people who dispense alcohol.

Aids Films:

Dr. Green said he had some films on Aids he would like to donate to our department.

Next Meeting:

The next meeting was scheduled for January 25, 1988 at 12:00 noon in the County Services Complex.

Meeting was adjourned at 2:00 P.M.

-----  
Chairman

## History of Smokeless Tobacco

1492

Columbus observed natives in the West Indies who "drank smoke" for ceremonial and medicinal purposes as well as a symbol of goodwill. These natives even carried tobacco in a gourd around their necks - a precursor of the modern tobacco pouch.

Tobacco was used in the form of poultices and pastes in treating burns, sores, cancer, sciatica, diseases of the lower spleen and womb, chills, convulsions, worms, colic, warts, corns, and mad dog bites.

1500-1700

European royalty used tobacco in the form of snuff during these centuries, lending it respectability and increasing its popularity.

1600

King James I wrote in 1604 his famous "Counterblaste to Tobacco."

"A custome Lothsome to the eye, hateful to the nose, harmefull to the braine, daungerous to the Lungs, and in the blacke stinking fume thereof, nearest resembling the horrible Stigian smoke of the pit that is bottomlesse."

- He then proceeded to raise the tobacco tax 400 percent.

In 1634, Russian Czar Michael Federorrche Romanov punished tobacco users by cutting off their noses, castration, beating the soles of their bare feet bloody or simply flogging them with a weighted knot.

1565

Sir Walter Raleigh is generally credited for introducing and popularizing smoking in England.

1700-1800

Snuff-taking reached its zenith during the reign of King George III. His queen was nicknamed "Snuffy Charlotte" because of her addiction; she had an entire room in Windsor Castle stocked with snuff.

1800-1900

During this time, tobacco chewing became known as "The American Habit." A communal snuff-box and cuspidors were installed for members of Congress, a practice which continued until 1935. It cost \$400 a year to maintain the spittoons.

1881

The first practical cigarette-making machine was patented. From this time on, cigarette sales steadily increased.

(OVER)

1882

During this time the germ theory was being proved. It was discovered that the dormant T.B. organism and other harmful germs (in the dried state) could survive and spread by air. Spitting on the floor into spittoons was recognized as unsanitary and the means by which disease could be spread.

1900

Public outcry against unsanitary practices in our country caused tobacco spitting to become socially unacceptable behavior and unlawful, especially in certain public places. However, smokeless tobacco remained popular in the U.S. until 1913 when Camel cigarettes were inexpensively mass-produced and skillfully advertised.

1918

The War Department officially accepted cigarettes as part of the daily ration for men fighting during World War I. (Camels were the most popular.)

1940

Through the efforts of the ad men and the new social climate of "liberation" for women, per capita consumption of smoking cigarettes soared, (1,976 per person). World War II also boosted cigarette production. (Lucky Strikes gained tremendous popularity.)

1970

Use of smokeless tobacco products in all forms has greatly increased since the early 1970's. The sales of smokeless tobacco has increased about 11 percent each year since 1974, with an estimated 22 million users in the U.S. The advent of the styrofoam cup has provided a handy, disposable cuspidor.

Smokeless tobacco is being heavily promoted through mass media advertising using well-known sports personalities and entertainers to act as spokespersons for smokeless tobacco. Through the skillful manipulation of mass media, the use of smokeless tobacco is rapidly increasing, especially among young, male (macho-type) athletes, and students in high school and college.



Xmas Party 1987



MINUTES OF THE WASATCH CITY-COUNTY BOARD OF HEALTH

January 25, 1988

12:05 P.M.

County Services Complex

Present:	Calvin Giles	Chairman
	Connie Tatton	Vice-chairman
	Elizabeth Murdock	Member
	Rulon Phillips	Member
	R. Raymond Green, M. D.	Member
	Larry Duke, D.D.S.	Commissioner
	Jeff Bradshaw	Ex-officio
	Gaylen Wright	Ex-officio
	Phil Wright, M.S., R.S.	Health Director
	Robert Blanthorn, L.C.S.W.	Alcohol/Drug Director
	Rod Hopkins	Kaiser Grant Director
	Larry Carcelli, Ph.D.	Mental Health
	Sue Barker, R.N.	Nurse Supervisor
	Maren Durtschi, R.N.	Nurse
	Ranae Williams, M.S., R.D.	Nutritionist/Educator
	Nelda Duke	Secretary
Guest:	Kent Berg	

Welcome: Mrs. Tatton welcomed those present and called the meeting to order.

Invocation: The invocation was offered by Dr. Green.

Minutes: Minutes of the meeting held November 30, 1987 were read by Mrs. Duke. Mr. Phillips made a motion minutes be approved. Commissioner Duke seconded motion. Motion carried.

Mental Health: Mr. Carcelli stated November and December had been slow but January has been very busy. He has had several clients along with their families. He has a young boy with neurological problems who will need further treatment. He has also been seeing three families with problems of battered children.

Alcohol/Drug Report: Mr. Blanthorn reported he had dropped to 23 clients and will probably drop two or three more. He said he was seeing an increase of relatives of persons who have alcohol and drug related problems. He also stated that several school students are being seen. He quoted some statistics indicating that prevention seems to be working.

**Kaiser Grant  
Report:**

Mr. Hopkins submitted a handout of news articles regarding the Mountain Community Health Choices programs. (See copy #1). They will be organizing meetings to train servers of alcohol in the near future.

Mr. Hopkins said they have produced a DUI film that will be shown to the board at a later date. They are also initiating more intense prevention program in the high school.

**Nurse Report:**

**Prenatal  
Initiative:**

Mrs. Barker said the Prenatal Initiative program funded by the cigarette tax is ready for implementation in our department. Carol Glather has been hired on a part-time basis to do the paper work, follow-up and coordination of the program. We have had five women sign up for the services thus far.

**Glaucoma  
Screening Clinic:**

Mrs. Barker said the Glaucoma Screening clinic will be held April 22nd from 10 to 12 at the Senior Citizens Center.

**Immunization  
Tax:**

Mrs. Barker also stated we have received word that a \$5.00 per immunization tax is being put on the DPT vaccine to cover liability insurance. We now charge only a \$2.00 fee for administering the vaccine so we will now have to charge \$7.00 per dose for DPT.

**Well Child:**

We saw ten children in our Well Child clinic in December.

**Blood Pressure:**

There were 28 persons checked for hypertension last month.

**Immunization:**

We gave 93 immunizations in December.

**Health Fair:**

Mrs. Barker stated the hospital is taking charge of the Health Fair again this year.

**National WIC  
Conference:**

Mrs. Barker said Mrs. Williams will be attending the National WIC conference in San Francisco on Feb. 21-24th.

**Mobile  
Mammograms:**

Mrs. Barker also stated the Holy Cross Hospital wants to do onsite mammograms in our county for \$50. It was the feeling of the board that we encourage the use of our own new facility at the hospital for this service.



Well Child  
Physician:

Mrs. Murdock said Dr. Ferguson had asked her to mention to the board that she would like other local doctors to conduct well child clinics as she is overloaded with patients. It was the feeling of the board that we give all local doctors a chance to conduct these clinics. If there is no interest we will try to hire a nurse practitioner.

Health Educator Report:

Smoke Free  
Program:

Mrs. Williams stated she took the materials for the Smoke Free program to the middle school faculty and they were very cooperative. Most of them wanted to use the materials. She taught 11 classes in two days with 2-30 students in each class.

She also said the Smoke Cessation program will begin in February in the high school.

We have been asked to put up a display at the Teen Cessation Conference at the University of Utah on the 4th of February.

WIC:

Mrs. Williams reported we now have 371 clients on our WIC program this includes 81 women 75 infants and 197 children. Last month we issued vouchers to 353 clients.

Health Directors Report:

Aids:

Mr. Wright reported we had a man test positive for Aids in our county and has exposed a member of the community. He has since moved from the county. After some discussion Dr. Green made a motion we let people with the HIV positive know that there is counseling services available through the health department. Mr. Giles seconded motion. Motion carried.

Landfill Status:

Mr. Wright reported the landfill committee had given the commission the results of their study and they had chosen the number one site (Allen's). He and Mr. Berg then showed slides of the proposed site and discussed the pros and cons of it.

Commissioner Duke read a letter from the Bureau of Natural Resources indicating they do not want to trade the property. The commission will continue to work on this problem.

Ordinance for  
Construction:

Mr. Wright said a County Ordinance for Construction Projects will soon be passed by the commission.

Timberlakes  
Water System:

Mr. Wright said the state finally sent us the plans for the approval of the extension of the Timberlakes water system.

State Monies: Mr. Wright submitted a copy of a table indicating the distribution of state monies for the 1987-88 year. (See copy #2).

Water Monitoring: Mr. Wright stated the Utah Department of Transportation is building the new highway over the Park City Mines water source. They have asked for a non interested party to monitor the water system for water quality. Our department will monitor and he asked for suggestions as to what to charge for this service. The board asked Mr. Wright to figure time, mileage, etc. and come up with a cost.

DOT Trailers: Mr. Wright said the Department of Transportation had proposed to install a holding tank for their trailers. He then explained the regulations for a holding tank. Commissioner Duke made a motion we charge to monitor the tank. Mr. Giles seconded motion. Motion carried.

Dry Subdivision Hearing: Mr. Wright said we would advertise the hearing on the Dry Subdivision Regulation and hold it at our next board meeting on February 22nd. at 12:30 P.M.

Food Service Inspection: Mr. Wright reported he had been inspecting restaurants and convenience stores in Heber the past month. One restaurant fell within two points of having to hold a hearing. Most of the others were in pretty good shape.

Child Care Inspection: Mr. Wright said the state used to inspect child care facilities but have now asked health departments to do the inspecting. It was suggested we charge for this service. After some discussion Mr. Wright was asked to check with other small health departments and see how they charge for inspections.

School Inspections: Mr. Wright said he was going to hold a meeting with all school custodians to review and discuss the school safety regulations. He will have Mrs. Durtschi do the initial inspection and she will bring findings back to Phil for finalization.

Asbestos Training: Mr. Wright said the EPA is conducting a one week asbestos training workshop for health and school personnel. All schools have to be re-inspected for asbestos. He will attend this workshop along with a school person.

Next Meeting: The next meeting was scheduled for Monday, February 22, 1988 at 12:00 noon in the County Services Complex.

Meeting adjourned at 2:25 P.M.

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Vice-Chairman

Missing  
Lynn Webster  
Carcelli  
Bonnie Totten

WASATCH CITY-COUNTY BOARD OF HEALTH

AGENDA

February 22, 1988

12:00 Noon

County Services Complex

Welcome:

Invocation:

Minutes:

Alcohol/Drug Report:  $19 \times 7 = 26$   
14 @ middle school { 20 - High } <sup>no help</sup>

Mental Health Report:

Nursing Director Report:

Pre-natal 15  
Immunization 128  
Blood Pressure 79  
Well Child — hire 15  
Health Fair 7 May 10,000/yr.  
WIC — 387

12:30 Hearing on Prohibition of Dry Subdivisions

Health Director Report:

Land Fill Status  
Asbestos in Schools  
School Inspections  
Video on Food Handling  
Food Service Survey (June)

Other Business:

Fernis Clegg  
Old Dash  
Terrie Barker  
Ida W  
Lois Todd

{ Richard  
Wells 351 No side  
6 yrs Taxes  
Don Goodfellow

42  
x 12  
48  
42  
50

MINUTES OF THE WASATCH CITY-COUNTY BOARD OF HEALTH

February 22, 1988

12:00 P.M.

County Services Complex

Present:	Calvin Giles	Chairman
	Connie Tatton	Vice-chairman
	Elizabeth Murdock	Member
	Rulon Phillips	Member
	Larry Duke, D.D.S.	Commissioner
	R. Raymond Green, M.D.	Member
	Phil D. Wright, M.S., R.S.	Health Director
	Sue Barker, R.N.	Nursing Supervisor
	Maren Durtschi, R.N.	School Nurse
	Robert Blanthorn, L.C.S.W.	Alcohol/Drug Director
	Jeff Bradshaw	Ex-officio School
	Nelda Duke	Secretary
Excused:	Ranae Williams	
	Larry Carcelli	
	Gaylen Wright	

Welcome: Chairman Giles welcomed those present and called the meeting to order.

Invocation: The invocation was given by Mr. Bradshaw.

Minutes: Minutes of the meeting held January 25, 1988 were read by Mrs. Duke. Mr. Phillips made a motion minutes be approved. Commissioner Duke seconded motion. Motion carried.

Alcohol/Drug Report: Mr. Blanthorn reported he had 19 clients being served plus seven clients who have family members who are alcohol or drug abusers. They are working with 14 students at the Middle School who are users or who have parents who are users. The Peer Counseling program is going very well in the High School. Mr. Phillips stated there was evidence in the high school that several students are using alcohol. There was some discussion as to the importance of reaching these students at an early age. Mr. Blanthorn also reported Mrs. Jolley is doing a good educational program in the schools. She will be taking 12 students to Park City to participate in the Governors Task Force program and they are also updating the teachers in the K-12 program. Mr. Blanthorn also stated that due to some personal changes he will be resigning his position as Alcohol/Drug Director in two weeks. The board expressed their appreciation to Mr. Blanthorn for his good work and wished him well in his future endeavors.

**Nurse Directors Report:**

**Pre-natal Initiative:** Mrs. Barker stated she and other staff members will be attending a meeting on February 24th in Salt Lake concerning the pre-natal initiative program. We have had 15 women sign up for the program thus far.

**Immunizations:** We gave 128 immunizations last month.

**Blood Pressure:** Seventy-nine clients were checked for hypertension last month.

**Well Child:** There were 15 children seen at our Well Child clinics. So far we have not received word from any local doctors who have expressed an interest in conducting the Well Child clinics.

**Health Fair:** Mrs. Barker stated the Health Fair has been scheduled for May 7th in the Middle School.

**WIC:** We now have 387 clients on our WIC program with 362 being issued vouchers in January. This should amount to approximately \$10,000 in food money to be spent in our county for the month.

**HEARING ON PROHIBITION OF DRY SUBDIVISIONS**

**Hearing:** Mr. Wright gave a brief review of the events leading up to the need of prohibiting dry subdivisions. He also reviewed the regulations on conducting a hearing and said the hearing was being recorded. (See copy #1)

**Present:** Those present at the Hearing on Dry Subdivisions were: Calvin Giles, Larry Duke, Phil Wright, Rulon Phillips, Elizabeth Murdock, R. Raymond Green, Jeff Bradshaw, Sue Barker, Maren Durtschi, Nelda Duke, Richard Wells, Everett Belder, Verna Belder.

**Chairman Giles:** Chairman Giles called the hearing to order. He welcomed the visitors and asked for comments.

**Mr. Wells:** Mr. Wells said he had purchased around 20 acres of property in Lake Creek over 20 years ago without water and would like to know what would have to be done to develop the property in the future.

**Chairman Giles:** Chairman Giles said he would first have to purchase primary shares of water and make an exchange so he could use a spring in the area.

BOARD OF HEALTH AGENDA

March 21, 1988

12:00 noon

County Services Complex

Welcome:

Invocation:

Approval of Minutes:

Mental Health Report: Mr. Carcelli

Smoke Free Utah Program: Mrs. Williams & Mrs. Jolley

Alcohol & Drug Director Status:

Nurse Director's Report: Mrs. Barker

Pre-natal Initiative Program:

Immunization:

Blood Pressure:

Well Child:

WIC:

Health Directors Report:

Land Fill Status: Commissioner Duke

Federal Food Service Survey:

Community Water Systems Rating:

Finalization of Dry Subdivision Ordinance

Pending Subdivisions & Developments

Jordanelle Get-A-Way

Silver Mountain

Park City Mining

Sorenson

40 Dam Acres

Strawberry Water Users

Health Directors Meeting Report:

Other:

MINUTES OF THE WASATCH CITY-COUNTY BOARD OF HEALTH

April 18, 1988

12:10 P.M.

County Services Complex

## Present:

Calvin Giles	Chairman
Elizabeth Murdock	Member
R. Raymond Green, M.D.	Member
Larry Duke, D.D.S.	Commissioner
Phil D. Wright, M.S., R.S.	Health Director
Larry Carcelli, Ph.D.	Mental Health
Gaylen Wright	Ex-officio Restaurants
Sue Barker, R.N.	Nurse Supervisor
Ranae Williams, M.S., R.D.	Nutritionist/Educator
Maren Durtschi, R.N.	Nurse
Nelda Duke	Secretary

## Excused:

Connie Tatton  
 Rulon Phillips  
 Jeff Bradshaw

## Welcome:

Chairman Giles welcomed those present and called the meeting to order.

## Invocation:

The invocation was offered by Chairman Giles.

## Minutes:

Minutes of the meeting held March 21, 1988 were read by Mrs. Duke. Dr. Green made a motion minutes be approved. Chairman Giles seconded motion. Motion carried.

Commissioner Duke suggested due to the interest of time and inasmuch as the minutes are mailed each month to members of the board, we suspense with the reading of the minutes at these meetings. This suggestion will be taken under advisement.

## Mental Health Report:

Dr. Carcelli reported there had been problems with conflict of interest and finance at the Timpanogos Community Mental Health Center. The state is investigating and results will be announced this coming Wednesday. However this has not affected their services. He stated he is seeing over twenty clients per month. He was asked if he was seeing cases of child abuse and he said there were some.

Prevention Report: Mr. Wright reported they had interviewed two applicants for Director of the Prevention Program and another applicant will be interviewed this Tuesday. A decision will be made soon.

Nurse Directors Report:

Prenatal Initiative Program: Mrs. Barker submitted a copy of a newspaper article entitled, "Baby Your Baby". She said there are TV spots and talk shows stressing the need for prenatal care. We are working on our provider number and should have it within two weeks.

Immunization: Mrs. Barker submitted and discussed a copy of the State Immunization School Survey. (See copy #1). She said we gave 146 immunizations last month and the State Immunization bill passed so the price of vaccine will raise July 1st.

Hypertension: We gave 81 blood pressure checks last month which includes testing in schools.

Cholesterol Machine: Mrs. Barker stated the state has purchased a machine to check cholesterol and we are going to use it for two months in the summer.

Well Child Clinics: Mrs. Barker said Dr. Ferguson along with Gerald Dearing conducted two well child clinics and saw 19 children this month. Mr. Dearing will conduct two clinics per month and will use Dr. Ferguson as a consultant.

WIC: Mrs. Williams reported we now have 415 clients on our WIC program with 381 being vouchered. We are having a state audit in June.

Smoke Free Program: Mrs. Williams showed the board key chains and megaphones to be used in the Smoke Free Program. They are planning a smoke free program this Fall at a football game and she also said the sheriff wants the jail to do the smoke free program.

School Health: Mrs. Durtschi said she had been giving heart lessons in the schools this month and next month she will be doing first aid.



Scoliosis Screening: Mrs. Durtschi mentioned she had purchased a machine to check for scoliosis and is using it in the schools.

Health Directors Report:

Contracts: Mr. Wright said we are beginning to get our contracts from the state and basically they will be about the same as last year.

Environmental Health Contract Request: Mr. Wright submitted a copy of a request for proposal to obtain monies to hire a part time environmental health person. After some discussion Commissioner Duke made a motion we go for all the monies we can to help alleviate our environmental health problems. Dr. Green seconded motion. Motion carried.

Trails End Subdivision: Mr. Wright said he received a letter stating he was being unfair in not allowing a cabin to be built in Trails End Subdivision so he sent a letter in reply.

Land Fill Status: Commissioner Duke said the land fill committee had met to study options to the land fill. An alternative solution would be to haul garbage to another county until we can find a site. They are still looking at every possibility.

Cholesterol Workshop: Mrs. Barker stated she and Mrs. Williams attended a cholesterol workshop last week. They discussed counseling people with drug and dietary problems.

Next Meeting: The next meeting was scheduled for May 16, 1988 at 12:00 noon in the County Services Complex.

Meeting was adjourned at 2:00 P.M.

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Chairman

## Non-Smoking Program Started During Wasatch High Ball Game

75 Sep 1988  
Last week's football game between Wasatch and Duchesne High Schools was dedicated to non-smoking among adolescents.

Wasatch County teenagers were invited to sign pledges to quit smoking or not start for thirty days, during the first home game for Wasatch.

The Wasatch football team, cheerleaders, drama troupe and student council helped organize the event and signed the pledges. Since they are role models, if they promote non-smoking, other adolescents may follow their example, explained Ranae Williams, Wasatch County Health Educator and chairman of the football activities.

"We want to present a positive message," she said.

The signed pledges were put into helium-filled balloons with the "Be Smart, Don't Start" logo. They were released during the game's half-time, after the cheerleaders led a no-smoking yell. Everyone who signed a pledge received a miniature gold megaphone with the logo "No Smoking, Lungs at Work" in black, Wasatch High colors.

Since long term smokers usually begin smoking while they are in middle school, Williams said that is where the next focus will be. She said if those younger adolescents see that their role models don't approve of smoking, they may be less inclined to start.

A stop-smoking program is also going to be started in the high school, she said. However, some way has to be found to reach teenagers who want to quit but don't want to come forward and admit they smoke, she said.

LaVerne Jolley, Prevention Specialist for the county, assisted in organizing the event, the first

football game in the State to promote non-smoking, Williams said. She said Joan Christensen, the Smoke-Free Utah State Coordinator, who is in charge of implementing the program in Wasatch County, told her the county's efforts will be used as an example statewide.

The following information was provided by the National Institute on Drug Abuse and the American Lung Association:

- 90 percent of all smokers start by age 19; two thirds of those by age 14.

- The younger one starts to smoke, the more likely one will remain a smoker, smoke more heavily and die prematurely.

- Although overall smoking rates among adults have steadily declined since the mid 1950s, smoking rates among young people have remained constant.

- 10 percent of high school seniors smoke daily and 15 percent of 12 to 17 year olds smoke.

- The better educated people are, the less likely they are to smoke.

- Children whose parents smoke are twice as likely to smoke than children of nonsmokers.

- Nearly 40 percent of high school seniors do not believe smoking is a health risk.

- Use of smokeless tobacco is on the increase, with 16 percent of males between 12 and 25 years old using it.

- Adolescents use tobacco because of peer pressure and social acceptance, a desire to appear mature, a desire to assert independence, a desire to mimic parents or role models, advertising and promotion by the tobacco industry and dependency on nicotine.

MINUTES OF THE WASATCH CITY-COUNTY BOARD OF HEALTH

September 19, 1988

10:00 AM

County Services Complex

Timberlakes Tour:

The following members met and toured the Timberlakes  
Subdivision:

Calvin Giles	Chairman
Phil Wright, M.S., R.S.	Health Director
Connie Tatton	Vice Chairman
Rulon Phillips	Member
R. Raymond Green, M.D.	Member
Becky Severson	Member
Sue Barker, R.N.	Nursing Supervisor
David Timothy	Prevention Director
Nelda Duke	Secretary

After the tour the following members met with them for  
their regular monthly meeting:

	Ranae Williams, R.D.	Nutritionist/Educator
	Larry Carcelli, Ph.D.	Mental Health
	Jeff Bradshaw	School Ex officio
Guest:	Robert Mathis	County Planner

Welcome:

Chairman Giles welcomed those present and called the  
meeting to order.

Invocation:

The invocation was offered by Chairman Giles.

Minutes:

Minutes of the meeting held August 15, 1988 were read  
by Mrs. Duke. Mrs. Tatton made a motion minutes be  
approved as read. Mr. Phillips seconded motion.  
Motion carried.

Prevention Report:

Mr. Timothy said he would spend the extra \$1600 he has  
in the high school for prevention programs and  
activities. He said they now have 29 or 30 clients on  
their program.

Mental Health:

Dr. Carcelli said he had been interviewing social  
workers and will hire one to work with him in our  
county.

## Health Directors Report:

- Mound System Policy:** Mr. Wright stated he and Dr. Green had checked out some mound systems in the Weber-Morgan District. This system is used when there is a high water table and a regular septic tank and drainfield will not function. He explained how the mound system is installed and how it functions. There is a home in Charleston who wants to install this type of system. It was suggested we ask county contractors to view the installation of the system and that we keep a file on each mound system that is installed in our county. Mr. Wright submitted copies of a Policy Statement Regarding Experimental Wastewater Systems to the board. He asked members to study and review it and we'll discuss it at our next meeting. (See copy #1).
- Snake Creek** Mr. Wright said the Snake Creek development has state approval to install a storage reservoir. The system will handle ten additional homes and they have a list of the ten people who can build in the development.
- Mayflower Tailings:** The Mayflower development has been monitoring the tailings ponds and have given reports to the state health department. The EPA still has them on the National Priority List. They have one or two alternatives and the bureau needs to know what they are going to do with the tailings by Spring. They want them removed by 1991.
- Lake Creek Recreation:** Mr. Wright said he sent a letter to the Lake Creek Recreational developers and told them their outhouses must be removed. (See copy #2). They are now in violation of the order. The next step will be to file a complaint. Dr. Green made a motion that we call President Felt and let him know we are filing a complaint and toilets must be removed by October 10th. Mrs. Severson seconded motion. Motion carried.
- Bat Exposure:** Mr. Wright said that a person had been exposed to a bat. He had the bat checked at the state laboratory and it was negative. The building inspector asked him to condemn a vacant house because of the number of bats that had been there. He checked with the State Health Department policy and people do not get exposed through fecal material so the house was not condemned.

Swiss Days: It was reported that Mr. Ward helped with the inspection of the food booths for Swiss Days and it went quite well.

County Attorney: Mr. Wright submitted a copy of the letter written to Attorney Hansen asking him to meet with us at our next meeting. (See copy #3.) He asked the members to review the letter and be ready to discuss and ask questions of the attorney at our next meeting.

Complaint: Mr. Wright said he had received a complaint from the Daniel area where a neighbor is installing a drainfield 105 ft. from his well. In checking into the problem his own drainfield is only 101 ft. from his well. The code says a drainfield must be installed at least 100 ft. from a well. This has caused some concern due to the rapid percolation rate in this area.

Nursing Supervisor Report:

Immunization: Mrs. Barker reported we gave 160 immunizations last month.

Hypertension: There were 135 clients tested for hypertension.

Well Child: We saw 9 children in our Well Child clinic last month.

Cholesterol Screening: There were 39 people tested for cholesterol level and another screening will be held on the 21st of this month.

Cancer Screening: The cancer screening program saw 69 women with two being referred for further testing.

Gonorrhea: Mrs. Barker said we have another reported case of Gonorrhea in our county and she will follow up.

WIC: Mrs. Williams reported we now have 408 clients on our WIC program and vouchered 381 last month. We have seen several high risk pregnancies on our program partially due to young mothers.

Smoke Free Program: Mrs. Williams stated the jail and county courthouse is now smoke free. The smoke free program at the high school football game went very well. In fact the students have asked for more programs and activities. We will be doing a smokeless program in the high school soon.

Seat Belt  
Program:

Mrs. Williams said we have received \$3000 for a seat belt program in our county and we will working on this in the near future.

Next Meeting:

The next meeting was scheduled for Monday, October 24th 12:00 P.M. in the County Services Complex

Adjournment:

The meeting was adjourned at 2:00 P.M.

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Chairman

Oct 1988

# Wasatch City/County Health Department Monthly Calendar

- Oct. 3 WIC (by appointment)
- 6 Immunization Clinic, 10 to 1 p.m.  
Blood Pressure Clinic 2:30 to 4:30 p.m.
- 11 WIC (by appointment)
- 12 WIC (nutrition education class)
- 18 WIC (by appointment)
- 19 WIC (by appointment)
- 20 Well Child Clinic (by appointment)
- Immunization Clinic, 5 to 7 p.m.
- 24 Monthly Board of Health Meeting, 12 noon, County  
Services Complex.

1988



## Heber Valley Groundwater Being Studied

*1 Feb 1989*  
The Utah Department of Health (DOH) is providing \$35,000 to the Water Research Laboratory at Utah State University to study groundwater nutrient transport in Heber Valley.

According to Don Ostler, Director of the Bureau of Water Pollution Control, Deer Creek Reservoir has high levels of phosphorous and nitrogen despite controls on surface contamination. "We are now looking at groundwater as a possible source," says Ostler. "These nutrients, naturally occurring and found in fertilizers, can seep through the soil and get into groundwater that feeds the reservoir."



# New series of Y. maps identifies hazardous S. Wasatch Front soils

2-6-89  
PROVO — Brigham Young University researchers have completed a color-coded series of maps that identify hazardous collapsible soil areas in the southern Wasatch Front region — information that could be used to prevent damage from such hazards as landslides or expanding or collapsing soils.

Soil movement causes more damage each year in the United States than do earthquakes, floods, tornadoes and hurricanes combined, said Kyle Rollins, a BYU assistant professor of civil engineering.

Nationwide, at least \$6 billion in structural damage — primarily to highways and buildings — is attributable to soil that expands, according to the National Research Council Committee on Ground Failure Hazards. Another \$1.5 billion in damage is caused by landslides and collapsible soils, says the U.S. Geological Survey.

Much of that damage can be prevented if the soil's composition is investigated before building, said Rollins.

"People get so concerned about the potential for earthquakes in this area when they should be concerned about multiple hazards."

Under a grant from the Utah Geological and Mineral Survey, Rollins and graduate student Russell Owens recently completed work on the southern Wasatch Front hazard maps.

"Often, collapsible materials lie next to a fault line, which is the case with the maps we have produced for Utah," he said. "If an earthquake were to strike, those same areas would be targets for landslides and not just damage from collapsible soil movement."

While collapsible soils usually do not involve loss of life, more than one-fifth of American families live on such soils, and no state is immune to the problems they cause.

Collapsible soils often consist of some combination of sand and silt. Their propensity to settle when saturated leads to the term "collapsible" soils. Expansive soils, such as clay, absorb water and create the opposite problem — the soil lifts or expands upward with as much as 2,000 pounds of pressure per square foot.

In Utah, Rollins recalled an expensive incident at Leamington, near Nephi, where a cement plant was constructed during the early 1980s over collapsible soils.

When too much precipitation reached porous soil, the ground dropped 1 foot in several places, forcing company officials to abandon some structures and to rebuild and shore up other buildings at a cost of \$20 million. Lawsuits involving the incident are still being resolved, Rollins said.

Some identifiable problem areas are freeways and city roads, which often are riddled with sink holes and bumpy spots because the ground beneath them has settled or expanded. Similar complications can cause expensive structural damage to homes and other buildings.

The new Utah hazard maps cover south of Point of the Mountain to the far end of Nephi, rating sections of land on a risk scale that ranges from one to five. A risk factor of five is color-coded red and means the area is extremely susceptible to problems associated with collapsible soils. Copies are available from the Utah Geological and Mineral Survey in Salt Lake City.

"My advice is to look at the area in which you want to build or buy a structure and check these maps to see whether the soil has a problem with settling or expansion," said Rollins.

If a prospective building site or a home is located in a collapsible soil area on the map, Rollins suggests consulting an engineering geologist or other expert to determine whether that particular property fits the collapsible soil problem profile.

Visual clues for the homeowner include cracked foundations and sink holes. If foundations have cracked due to settling or expansion, homeowners may need to re-route their drainage systems and possibly adjust the soil composition of their land, Rollins said.

"Letting the water drain off right next to a foundation is asking for trouble," he warned. "Extensive watering of a lawn and shrubbery can also create problems if you don't know the composition of the soil under your home. You could have a 25-foot-thick deposit of soil down there that has the potential of settling up to two feet."

The National Science Foundation recently awarded Rollins a \$50,000 grant to compare the effectiveness of methods used to treat collapsible soils prior to construction.



Using consolidometer, Kyle Rollins, a BYU assistant professor of civil engineering, is able to determine how much a particular type of soil will collapse when it becomes wet. Soil movement causes close to \$7.5 billion in damage nationwide each year.



# Wasatch County Forms Council To Fight Substance Abuse

Members of the newly-formed Wasatch County Drug and Alcohol Advisory Council met recently to assist county-wide efforts in preventing alcohol and drug abuse. Both public and private sectors are represented in the eight-member council.

Members include Chairman Dale Wallberg, Vice President of Valley Bank and Heber Branch Manager; Vice Chair, Wendy Hufnagel, Assistant Attorney General; Pat Case, Wasatch School District Representative and Middle School Counselor; Lyn Clayton, D.S.W., Medical Education Specialist at Veterans Hospital; Debbie Proctor,

Utah State University Extension Home Economist, and Edd Thacker, Wasatch County Sheriff.

Mr. Wallberg, Ms. Hufnagel and Ms. Proctor were nominated for membership by the Wasatch County Commission. Ex-officio members include Phil Wright, Director of Wasatch City-County Health Department, and Dave Timothy, Director of Prevention Services.

Officers were elected and a set of by-laws ratified in this first meeting of the Council. Current efforts of Prevention Services, the County, provider of substance abuse services

were detailed, and the Council made suggestions as to how services could be improved and expanded. Ideas on inter-agency collaboration were suggested as well, which should strengthen individual agency efforts in fighting alcohol and drug abuse.

The Council was formed to advise the Prevention Services Director and the Wasatch City-County Board of Health on substance abuse programming, and to coordinate efforts between law enforcement, the School District, and Prevention Services a health department program.

# Wasatch County IHC Sets Community Health Fair at Wasatch Middle School

Free screenings for such things as glaucoma, hearing, skin cancer, and blood glucose, along with free lectures on cancer and sudden infant death syndrome, are just a few to the things offered during Wasatch County IHC Hospital's Community Health Fair set for Saturday, April 29, from 8 a.m. to 3 p.m. at Wasatch Middle School, 175 East 800 South, Heber City.

Wasatch County IHC Hospital is sponsoring the Health Fair as a way of saying "thank you" for community support and in an effort to promote good health and health education.

Other free screenings offered during the Health Fair include dental and oral exams, breast self-exams, and health screening counseling and referral. A blood profile (25

different tests) will be offered at a discounted rate of \$15 to cover the cost of the test materials (people must fast for 12 hours before this test). And a finger-stick cholesterol test will be offered for \$5 (no fasting is required for this test).

At 8 a.m., on the day of the Health Fair, a lecture titled: "Testicular and Prostate Cancer" will be presented by Kim Van Wagoner, RN, and at 10 a.m. a lecture titled "Sudden Infant Death Syndrome" will be presented by Eric Tanner, CRTT.

Demonstrations and activities that will take place include finger printing of children, tour of an ambulance, Utah Highway Patrol seatbelt demonstration, arthroscopic surgery demonstration, a Volunteer Auxiliary sponsored rummage sale,

and prize drawings throughout the day.

Information available during the day will include that on nutrition, first aid, prenatal care, home health, Hospice, Life Line Emergency Response System, Senior Life Club, low cholesterol cooking cancer, long term care at Wasatch Hospital, Alzheimer's disease, breast cancer,

(a \$5 discount coupon will be available), school health advocacy, Medicare/Medicaid information, Home IV Therapy, Wasatch Hospital Volunteer Auxiliary, and illness and the elderly. Medication review will also be available. Bring all your medications in a "brown bag" and a pharmacist will review your medications and answer any questions that you may have.



# County Dump Closure Left Hundreds Homeless

by Sonni Schwinn

Wasatch County didn't prepare an environmental impact statement before closing its landfill last fall because nobody asked for one. Although almost any major environmental change creates problems for somebody, who would suspect closing a dump could possibly result in any negative impact? Now, six months later, it is apparent that hundreds, possibly thousands, no longer have a summer home to return to.

When I heard seagulls squawking around the sewage plant last week, I wondered why. Although the facility is virtually odorless, the sensitive nostrils of the birds probably recognized the familiar scent of "waste." But I couldn't imagine that even seagulls could benefit from that kind. And obviously they can't, because they didn't settle down. Even a non-birdwatcher could tell they were disturbed because they continued to squawk and fly over the treatment cells for most of the day.

The next day started out quiet, but suddenly the familiar squawking began again, as they circled overhead about a mile north of the

sewage plant. After a few minutes, they moved and circled over another spot, then another, then returned and rechecked their route, as if they were afraid they'd missed something.

I'd never noticed seagulls flying around the Heber Valley before. At least I'd never heard them make so much noise. One of the nice things about our dump was that the seagulls there were quiet and didn't fly around much. I recalled other dumps with such noisy seagulls flying overhead that we didn't need directions to find the sites. We'd just spot the gulls and head toward them.

Suddenly, I awoke from my reminiscences of interesting dumps I've known with the startling realization that we'd taken our seagulls home! Those poor birds had been off to wherever they spend their winters and returned to the beautiful Heber Valley as usual, only to discover man had covered up their favorite buffet without a thought.

Of course they were upset. We cautiously protect the homes and food of other wild creatures and then ignore our own state bird. Such an

insult!

They were more than insulted and frustrated. They were angry. Some of their squawking sounded like expletives. And they took out their ire on at least one clean wind-shield, probably more. Who could blame them?

In the future, when a landfill is closed, some provision must be made to accommodate seagulls. In the meantime, let's hope our homeless birds caught and recognized the scent of familiar Wasatch County garbage and followed it to the Salt Lake landfill.

## Hunter Safety Starts May 8

The Heber Gun Club will be holding a Hunter Safety program beginning May 8. You must be 12-years-old as of Dec. 31, 1989 and pre-register by calling 654-2004. Classes will be two hours in length and will be held at the Heber Gun Club in Big Hollow. Remember to pre-register and class starts May 8 at 6 p.m.



# Cholesterol Screening In May



Do you know when your numbers is up? You can't tell if your blood pressure or cholesterol levels are high. These conditions have no symptoms. Two-thirds of the adult population in Utah have cholesterol levels above 200 mg./dl. (The desirable level is less than 200 mg/dl.) Recent studies have shown if blood cholesterol, high blood pressure, and smoking are controlled, premature death from heart disease could be reduced by 60 percent. Further, the Coronary Primary Prevention Trial (CPPT) showed for every 1 percent reduction in blood cholesterol, there will be a 2 percent decrease in heart disease

risk. These statistics clearly indicate a need to identify Utahns with high cholesterol and high blood pressure and to help them achieve control.

During May, the Wasatch City/County Health Department is planning countywide screenings. Cholesterol and blood pressure screenings will be conducted at the following sites:

Heber City Offices, May 19, from 10 a.m. to 3 p.m.; Midway Town Hall, May 22, from 10 a.m. to 3 p.m.; Wallsburg Town Hall, May 24, from 2 p.m. to 4 p.m.; Wasatch Services Complex, May 26, from 3 p.m. to 6 p.m.

A \$5 fee will be charged to cover the cost of testing supplies. Persons will also receive individual and group counseling and educational materials on diet and adopting healthy lifestyle behaviors.

Individuals with high levels will be provided with information on further testing and counseling.

Since your local Health Department is concerned about keeping Wasatch County citizens healthy, this quality service will be offered throughout the County. If you have any questions regarding the screenings call the Wasatch City/County Health Department at 654-2700.

5-10-89



# Is there solution for trash woes?

By SONNI SCHWINN  
Herald Correspondent

HEBER CITY — The Wasatch County Commission has found what appears to be the perfect plan to solve all the county's garbage disposal plans.

It would be inexpensive, efficient, and would not require a landfill that might be offensive to nearby property owners. They only hope it isn't too good to be true.

The most difficult problem is finding a way to get rid of wet, putrid garbage in a way that meets expensive and rigid EPA requirements. All Wasatch garbage now goes to the Salt Lake County landfill, but Salt Lake has made it clear the arrange-

ment must be temporary, for not more than a couple of years. So Wasatch has been investigating and testing several landfill sites within its own borders.

However, Commissioner Lauren Provost said Utah County wants Wasatch trash on a long-term contract. The shorter distance would lower transportation costs.

Since EPA regulations don't apply to dry trash, finding a local site for it would also reduce costs. Therefore, the commission has been investigating sites where it could simply be dumped and buried.

The commissioners also are looking into systems for making that more efficient and accepta-

ble to nearby property owners. Commissioner Moroni Besendorfer explained the process they are considering.

Trash is dumped in a trench 14 feet wide, which can be any length. The trash is set on fire and there is a little smoke as it begins. Then a fan blows air through a pipe, across the top of the trench, which makes the heat more intense and eliminates smoke. All but 5-10 percent is reduced to ashes. What is left is then taken along with the other trash to the landfill.

But some of what is left can also be recycled. For instance, aluminum melts and can be sold. Even the ashes can be used in roadbuilding.

June 1989



The City Mayors in Wasatch County signed a resolution in the statewide effort to call attention to the importance of staying healthy by keeping track of cholesterol and blood pressure. Pictured, left to right, are Connie Tatton, a member of the County Board of Health, Heber City Mayor Gordon Mendenhall, Midway City Mayor Gene Probst, and Cal Giles, Chairman of the Board of Health.

5-10-89



# Health Department Independence Won't Be Easy

by Sonni Schwinn

June 1989

The Wasatch County Board of Health has declared itself a separate entity from the County Commission, but the Commissioners aren't going to make it easy.

The issue forcing the break is a salary increase for Health Department employees. The Board of Health has approved the raises. However, the Commission unanimously opposes them, arguing that all County employees should get raises as soon as possible and that no department should get special treatment.

One catch is that the Health Department has a surplus in its budget and can afford the raises without the Commission approving more money. The Board has the authority to approve employee raises, with one exception.

That's another catch. Only the County Commission can approve a salary increase for the Director of the Board of Health.

And the Commissioners have another option they can exercise over the Department which, ultimately, gives them the final say over Board of Health decisions. They can lower the Department's

mill levy, reducing its budget to where it must use up its surplus and, finally, appeal to the Commission to restore its tax revenue.

Jeff Bradshaw, Clerk-Auditor, last week read a letter from the Board reporting they had adopted the state salary schedule, which would raise the salaries of Wasatch Health Department employees, including the director, retroactive to Jan. 1, 1989. He also read an excerpt from the State Code, which requires the local governing body to approve the salary of the local health officer. He said he assumed that meant the Commission and the Heber City Council, because it is a City/County Department.

However, Commissioner Pete Coleman said the Commission has full jurisdiction because it contracts with the City for services. He also said he didn't think the Board could make the salary increase retroactive to cover the period when the Commission was determining the wages according to its countywide policy.

He said he had no objections to the Board taking over their own administration, but said, "But

they're not going to have control over what the County Commission levies in taxes."

Bradshaw explained that both the library and Health Department budgets have accumulated large surpluses during the past several years, by being very prudent in their spending. The library surplus, which he reported at around \$200,000, will be tapped to fund a recodification and printing of County ordinances. Coleman said the library building also needs a new roof. Then, the Commissioners said, the library mill levy will be lowered.

The Board of Health wants to pay the employee raises from its surplus of about \$235,000. It's total 1989 budget is a little less than \$240,000.

The Commissioners discussed the possibility of cutting the Health Department mill levy and adding an equal amount where it's needed more, like to raise the salaries of all County employees, or lowering taxes.

When a government entity accumulates a surplus equal to its yearly tax, "they're going to get into trouble with the Taxpayer's Association by leveling any tax," said Coleman.

He said the previous Commission didn't know the two departments had surpluses and, even raised the library levy in order to finish the new building.

"Then we came to find out, when the independent auditor came, that there was a surplus," he said.

"I don't think it's right to carry that kind of money, then hang it over people's heads," Chairman Moroni Besendorfer said about the Health Department.

He pointed out that the Commission can cut the Health Department mill levy and in a few years the surplus will be eaten up.



# Heber seeks grant money for alcohol abuse prevention plan

By SONNI SCHWINN

Heber City Correspondent

HEBER CITY — The Heber City Police Department has received a \$5,325 grant from Mountain Community Health Choices for an alcohol abuse prevention and regulation program.

Chief Jimmy Joel Matthews described it as a three-phase effort which will include investigation, education, and enforcement.

During the first phase, officers will conduct surveillance of businesses that sell beer to pinpoint problems involving sales of beer to minors under 21 years old.

Beer outlets will be notified

of guidelines, like checking identification, during the second phase. They will be warned that the laws will be strictly enforced and what the penalties are if they don't comply.

Officers will then strictly enforce the laws, during the third phase. Any clerk selling alcohol to a minor will be summoned to court and anyone over 21 who buys or deivers alcoholic beverages to people under 21 will be arrested or summoned. Prosecution will follow and the business licenses of repeat offenders will be reviewed.

In addition, Heber City officers will meet with school officials and coordinate with the Wasatch County Sheriff's office

to:

- outline problems and solutions;

- assign officers for extra duty to patrol school activities;

- conduct information and discussion meetings with students and faculties;

- and review the program, possibly resetting goals and guidelines and adjusting programs.

"Of course, enforcement goes on all the time," said Matthews. "But the program is to see if we can pinpoint some real problem areas and then educate, inform and intensify the enforcement program."

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## Safe-water panel disburses funds

By Sheridan R. Hansen  
Deseret News staff writer

PROVO — Several communities suffering from this year's drought will receive some financial assistance from the Utah Safe Drinking Water Committee for additional wells and reservoirs.

Coming before the committee in its monthly meeting Thursday, officials from Midway City and the Summit Park Special Improvement District asked for \$251,000 and \$270,000 respectively to help resolve drinking water problems in their communities.

In Midway, water production from springs has been down, causing water pressure to drop. The funds from the committee — an entity of the State Health Department's Bureau of Drinking Water and Sanitation — will be used to drill a new well and build an 800,000-gallon reservoir to provide better water pressure.

Midway will not have to pay interest on the 15-year loan until January 1992, when it will pay 5 percent.

Midway Mayor Eugene Probst said some homes have been without water twice this year. The improvements are also needed to help with the small but steady growth in the area.

Summit Park, a year-round community between Park City and Salt Lake City, asked for the \$270,000 to move ahead with improvements before winter sets in. The funds will go toward building a reservoir and for water-line repair work.

The Safe Drinking Water Committee has made a total commitment of \$1.25 million to the \$3.2 million project. Funds will be paid back at 3 percent interest.

At this month's meeting, held in the Provo City Council Chambers, Committee Chairman Robert B. Hilbert and Vice Chairman Darrel V. Leamaster were re-elected for another year.



# WIC Program Produces Healthy Kids



Sue Barker, R.N., nursing supervisor for the Wasatch City/County Health Department weighs 5-month-old Heather Rockhill, under the supervision of her brother, T.J., 3, and mother, Angela. Weight is an important factor in determining the nutritional needs of families in the County's WIC program.

The WIC (Women, Infants and Children) program, funded by the U.S. Department of Agriculture through the Wasatch City-County Health Department, is saving children's lives and making them healthier.

That is primarily accomplished by providing money for nutritional food and monitoring the health of pregnant, breast feeding and post partum women, and continuing with some children until they are five years old, explained RaNae Williams, M.S., R.D., nutritionist-educator for the Health Department. She also teaches classes on nutrition, cooking, how to read food labels, how to prepare meatless meals and general homemaking skills, geared to helping mothers make the best use of their food money, as well as parenting skills.

"WIC is a cost-effective, preventive program, so that we don't have these high risk infants, so that we don't have babies that weigh less than five pounds," Williams said.

To qualify for the program, the families must be considered low-income and have a nutritional need. But the income schedule is much more liberal than for State Welfare benefits, ranging up to \$3,123 for a family of five.

Phil Wright, director of the Health Department, mainly credits WIC for a sharp drop in the County's infant mortality rate during the past decade. The rate during the three year period 1980-82, was 22.2 percent, one of the highest in the state, with a total 17 deaths. During the three years from 1985 to 1987, there were only two deaths. The WIC program began in the County in 1981. Participation increased from only 56 women and children in June 1982 to 450 in Aug. 1989. Another important contributor to healthy children is the Well-Child Clinic that was begun in 1983, he said.

But the WIC program also results in healthier, brighter children the rest of their lives.

Williams explained that the organs in a fetus develop at different times. If the proper nutrition isn't supplied at the right time, the organ will not develop normally.

For instance, the lungs and brain attain all their cells first. Although an adequate diet at a later time will increase the size of the cells, the number of cells will not increase. If the brain does not receive a normal number of cells as it is forming, it will be stunted, possibly resulting in permanent impairment, Williams explained. In addition, low birth

\$900,000 to keep that person in an institution for a lifetime, she said.

Women and children on the WIC program get fortified milk, cheese, eggs, peanut butter, dried beans, and peas. The program encourages breast feeding, but bottle-fed infants can get iron-fortified formula.

Pregnant women are certified for their entire pregnancy and for six weeks after they give birth. Otherwise certification is for six months at a time. Height and weight, eating habits, and a blood test for iron are part of the criteria that determine an applicant or client's nutritional need. Health professionals evaluate those needs and prescribe food for each participant. But they remain under physicians' care while they receive their benefits.

In some counties, WIC clients are more "hard core" than in Wasatch, Williams said. "But the clients here, that are on the WIC program, are very willing to try to make changes, and try to make a better life for their children, and have a healthier lifestyle...to improve their parenting skills."

Sometimes it's hard for women to apply for the benefits, Williams explained. "They don't want a handout. They want to look like they're good parents...It's a hard thing for them to come down here and accept services. And yet it's the best decision they'll make because of the child's nutrition. You don't go back and catch up what you missed."

As a result of participation in the WIC program, other problems have been discovered and patients have been referred to appropriate, specialized resources.

Two registered nurses work with Williams. All three have been specially trained in a State WIC training program to identify problems that qualify applicants, then to monitor and re-evaluate them to be sure they are making progress.

"We also do a dietary [evaluation] on each child, to see how they're eating. This gives the professional...a really good feel for what area they're missing nutrients in...if they're not drinking enough milk or

not eating enough protein, or what nutritional area the mom needs to work at," Williams said.

She reported that an average \$12,000 per month is distributed by WIC to Wasatch County clients, most of which is probably spent in the County. And providing those extra food dollars release other money in family budgets for other purchases.

# Tuberculosis Awareness Essential To Eliminate The Disease

10-18-89

To emphasize the Utah Department of Health's warning that tuberculosis has not been eradicated, Gov. Norman H. Bangert has declared October as "TB Awareness Month."

"Through August, there have been 27 newly diagnosed tuberculosis cases in Utah this year. Last year, the total was 35. In the U.S., there were 22,436 cases reported in 1988.

"One tuberculosis case is one too many," says Peg Sower, TB coordinator in the Division of Community Health Services' Bureau of Chronic Disease Control. "Informing people about the disease

is helpful in our efforts to eliminate TB."

The bacteria, which cause tuberculosis, generally damage the lungs but can affect the kidneys, bones, liver, and other organs. The disease strikes every age group and both sexes. In the U.S., more than 1,970 persons died from TB in 1987.

Infection is acquired from contact with an infected person. As many as 10 million people in the U.S. may be infected. Up to one in ten of those, generally persons with weak immune systems, will develop active tuberculosis. At particularly high risk of developing

active TB are people who are HIV positive or who have AIDS. Also at high risk are the elderly, persons from foreign countries, and the homeless.

Preventive therapy can reduce the risk of developing active tuberculosis and effective drugs are available to treat patients with TB. Symptoms of tuberculosis include weight loss, fever, productive cough, and night sweats. Skin tests to determine TB infection are available from local health departments and private physicians. Sower recommends that persons in high risk groups be tested.



# Project LEAN Starting In County

11-15-89

The Wasatch and Davis County School Districts have been selected to receive two of ten grants available in the U.S. to bring Project LEAN (Low Fat Eating for America Now) into their communities through their public school curricula, school lunch programs and retail supermarkets. Initiated by the Henry J. Kaiser Family Foundation, Project LEAN's goal is to reduce the consumption of dietary fat by Americans.

A coalition lead by the Utah Department of Health has received a \$70,000, two-year grant to start the two model programs. Then the programs will be refined and incorporated across the state.

Project LEAN has three primary objectives:

a) To reduce dietary fat intake to 30 percent of calories by 1998. The project is designed to teach students

and parents how to identify, buy, request or prepare low-fat meals and snacks.

b) To increase availability and accessibility of low-fat foods through supermarkets, restaurants, and school cafeterias. The Project encourages the food industry and professionals in the food and nutrition field to promote low-fat products and menu items.

c) To increase cooperation between national and community organizations committed to reducing dietary fat.

The Wasatch program will target fifth grade students, beginning in 1990, with three hours of classroom instruction, including videos and homework that will involve parents, and supermarket tours. Instruction material will include information on how fat and cholesterol effect cardiovascular disease,

label reading, calculating the percentage of fat in foods, science activities, and planning and preparing low-fat, nutritious meals. Students will accumulate points toward prizes as they participate in the project, like choosing low fat foods from the school lunch menus.

Both Day's Market and the Heber Valley IGA will provide low fat samples, shelf markers, videos, low-fat recipes, and grocery bag stuffers to help both students and shoppers identify the lower fat items. Shoppers will be asked to take part in a test before the program begins, to find out how much they know about fat, and afterwards, to determine how successful the educational project has been.

However, Renae Williams, Dietitian and Educator for the City/County Health Department, who is directing the Wasatch pro-

gram, said there is concern that the American Heart Association diet may not be healthful for children.

"This will not be a real stringent program because children do need a certain amount of fat to make growth possible," she told the task force that is implementing the program in the county, during their first meeting last week.

"It's just to help them to make healthy choices. As the fifth-grader moves into the junior high area, and becomes more independent in their eating choices, doing a lot of fast food eating...they will know which fast foods are higher in fat and which foods are a healthier choice — so that they will make better decisions.

"I'm certainly not going to get rid of all of the junk food intake of all of these kids. But we are starting at a really good point, where they can, as they grow to be adults, really make some healthier choices, that we may see a healthier generation," she said.

Continued on Page 3A

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The goal of the Project LEAN task force is to reduce dietary fat intake of people in Wasatch County. Pictured are, left to right, back row, Gary Edwards, State Department of Health; Betty Wade, Dietician, Wasatch County Hospital; Rod Hopkins, Mountain Community Health Choices; Calvin Giles, City/County Board of Health; Allen Day, Day's Thriftway. Second row, Sue Barker, Director of Nursing, City/County Health Department; Gerald Day, Day's Thriftway; Debbie Proctor, Home Economist, USU Extension Service; Moneves Boren, Director, County School Lunch program; Ranae Williams, Dietician and Educator, City/County Health Department, and Marilyn Larsen, former PTA District Council President.

11-15-89

Xmas Party

Dec 1989



1990



